



# FALL 2022

## SEPTEMBER - DECEMBER

PLAN A DAY TRIP, SEE OUR TRIPS ON PAGES 32 & 33

DIGITAL CURRENCIES? NFTS? LEARN ABOUT  
NEW TECHNOLOGIES ON PAGE 6



LOOKING TO EARN YOUR GED OR LEARN  
ENGLISH? ABE IS FOR YOU. SEE PAGE 14

Serving Residents of the Inver Grove Heights,  
West St. Paul-Mendota Heights-Eagan, and South St. Paul School Districts

# TRIDISTRICT COMMUNITY EDUCATION

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### For Spanish Translation Call

Para mayor información sobre los programas de Educación para la Comunidad, por favor contáctese con:

IGH: Patricia Nix	651-306-7862
SSP: Tere Castellanos	651-306-3644
WSP: Mary Pirela	651-403-7735



TriDistrict Community Education serves residents of the Inver Grove Heights, West St. Paul-Mendota Heights-Eagan, and South St. Paul school districts.

## WELCOME TO TRIDISTRICT COMMUNITY EDUCATION

TriDistrict Community Education provides inspiring and motivating high quality opportunities for lifelong learning, leadership development and citizen engagement while advancing equity and eliminating disparities for all in the community.

## YOUTH PROGRAMS!



## ADULTS 55+ FITNESS!



## ADULT BASIC EDUCATION





# FEATURED COURSES

## Follow us on:



@TRICOMMUNITYED



@TRICOMMUNITYED



@TRIDISTRICT\_COMMUNITYED

## Email updates for new classes

Sign up for our E-news online at [www.tridistrictce.org](http://www.tridistrictce.org) to get information on upcoming classes and events.

## FAMILY



**CREATE FUN, NATURE BASED ART PROJECTS**

Pages 34 & 35

## ADULTS 55+



**FALL FASHION SHOW**

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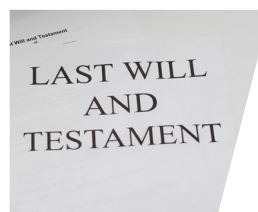
## CULINARY



**GET READY FOR THE HOLIDAYS WITH OUR HOLIDAY BAKING CLASSES.**

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## FAMILY FINANCES



**WRITE YOUR OWN WILL.**

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**IDENTIFIES AN ONLINE CLASS**

## Contact Us

### Adult Enrichment

IGH ..... 651-306-7502  
SSP ..... 651-306-3632  
ISD197 ..... 651-403-8312

### Early Learning

IGH ..... 651-306-7503  
SSP ..... 651-457-9418  
ISD197 ..... 651-403-8390

### Adults 55+

VMCC, IGH .... 651-450-2585  
CSCC, SSP ..... 651-306-3632  
TPAC, WSP ..... 651-403-8300

### School Age Care

IGH ..... 651-306-7502  
SSP ..... 651-306-3631  
ISD197 ..... 651-403-8054

### Adult Basic Education

Linda ..... 651-306-3632

### Youth

IGH ..... 651-306-7502  
SSP ..... 651-306-3632  
ISD197 ..... 651-403-8522

### Access Project

TriDistrict..... 651-403-8312

# MAKERS MARKET CRAFT SALE

Get a jump on your holiday shopping while supporting local artists, small businesses and TriDistrict family programming.

**Saturday, Sept 24**  
**Two Rivers High School**  
**9 am - 3 pm**

**Call 651-403-8312 if you are interested in being a vendor.**

## Basic Cake Decorating

Become your own cake boss. Gain skills in shell borders, writing, stars and rosettes while creating an 8" celebration cake to take home. There is an additional \$12 supply fee due at class. Incremental starter kits will be available to take home for \$12 each. Appropriate for ages 12 to adult.

**Instructor:** *Diana Hirte*

Wed, Sept 14 6:00-7:22 PM  
6002-F22 1 session - \$30  
Two Rivers HS, MH



## Macaron Cookies

Just in time for the holidays. Macarons make beautiful cookies to give as gifts or serve at holiday parties. Join Nancy and her team as you make lovely flavors and colors geared towards the upcoming fall and winter holidays. There is an additional supply fee of \$13 due at class.

**Instructor:** *Nancy Burgeson*

Wed, Sept 21 6:00-7:22 PM  
7003-F22 1 session - \$25  
South St Paul HS, SSP

## Thanksgiving Cookie Bouquet

Your family will gobble up the cookies in this bouquet. You will decorate 8 cookies, then arrange them in a bouquet to take home. There is an additional \$12 supply fee due at class. Appropriate for ages 12 to adult.

**Instructor:** *Diana Hirte*

Tues, Nov 2 6:00-7:22 PM  
6003-F22 1 session - \$30  
Two Rivers HS, MH

## Amazing Balsamic Vinegar Truffles

Learn a new way to make truffles using aged flavored balsamic vinegars. You will use melted chocolates to mold beautiful truffles, incorporating the flavors of raspberry, strawberry, blackberry and black cherry. Create 24 various truffles to take home in a provided box. An additional \$12 supply fee due at class. Appropriate for ages 12 to adult.

**Instructor:** *Diana Hirte*

Wed, Nov 16 6:00-7:22 PM  
6004-F22 1 session - \$30  
Two Rivers HS, MH

## Lovely Lefse

This Norwegian delicacy is made for all sorts of special occasions. Learn the fine points in making the dough, baking, storing and how to serve lefse. You will begin with real potatoes using a number of authentic recipes and a new, modern recipe using instant potatoes. Plan to sample your fresh, warm creations with traditional fillings. You can take home finished lefse dough to bake and share with your loved ones. There is an additional \$9 supply fee due at class.

**Instructor:** *Laurel Severson*

Wed, Nov 16 6:00-7:22 PM  
7001-F22 1 session - \$30  
South St Paul HS, SSP

## Holiday Cooking and Candy Take-and-Bake

This class is an assembly-line style baking group, creating cookies, and candies for the holidays. Favorites like Russian tea cakes, peanut butter kiss cookies, cranberry-orange shortbread cookies, chocolate fudge and pretzel rods dipped in caramel and chocolate. Head home with ten dozen boxed holiday treats. All packaging is supplied. There is an additional \$20 supply fee due at class.

**Instructor:** *Diana Hirte*

Fri, Dec 2 6:00-7:22 PM  
7000-F22 1 session - \$30  
South St Paul HS, SSP  
Tues, Dec 6 6:00-7:22 PM  
7013-F22 1 session - \$30  
Two Rivers HS, MH



## Four World Famous Cookies

This class covers four Scandinavian cookie favorites. First are rolled Krumkakes, made with cream, butter, and cinnamon. Next up are Italian Pizzelles; a flat, anise-flavored cookie baked on the top of the stove using an iron. Almond Swedish Sandbakkelse are baked in tiny tins to resemble tarts. Finally, you will master deep fried rosettes, the fragile, paper thin Scandinavian delicacies dusted with confectioner's sugar. Please bring containers to take your creations home. There is an additional \$13 supply fee due at class.

**Instructor:** *Laurel Severson*

Thur, Dec 15 6:00-7:22 PM  
7002-F22 1 session - \$30  
South St Paul HS, SSP



## Get Creative with Cool Weather Containers

Container designer, Michelle Riedel, will show you how to reflect the rich texture of the fall season in your container combination. Get creative by adding seasonal favorites like mums, kale, and pansies to your existing containers or start a new container and combine with perennials, annuals, and seasonal grasses. Detailed handouts will be provided before class.

**Instructor: Michelle Riedel**

Thur, Sept 15  
8000-F22

7-8:30 pm  
1 session - \$20



## Knitting: Fall Studio

Now that the weather is getting colder, it's time to get out those knitting projects that have been stashed away. Fall is the perfect time to curl up with a good ball of yarn. This workshop is a time to relax and work on a new project. Feel free to ask the instructor for advice on stitches, yarn, sizing, techniques, etc. This class is open to knitters of all skill levels.

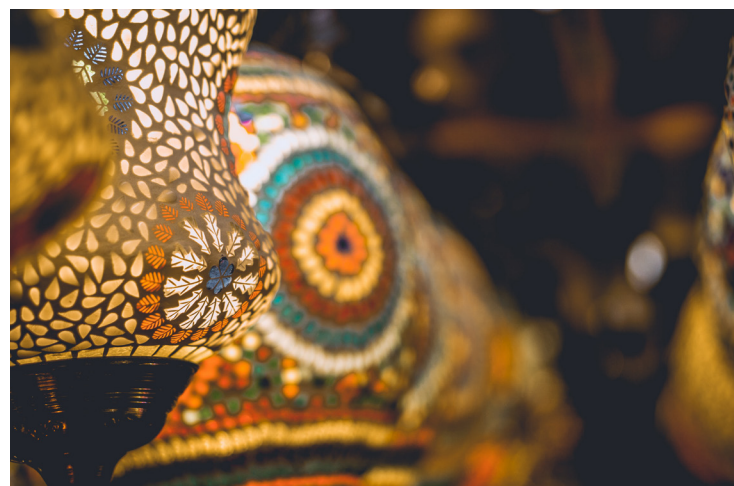
**Instructor: Suzanne Ross**

Tues, Sept 27-Oct 25  
6001-F22A  
Two Rivers HS, MH

6:30-8:30 pm  
5 sessions - \$30

Tues, Nov 1-Dec 6  
6001-F22B  
Two Rivers HS, MH  
No class Nov 8

6:30-8:30 pm  
5 sessions - \$30



## Colorful Glass Mosaic Window or Lamp

Glass mosaic sounds like a fancy, difficult art form. However, in this class, you will learn how fun and easy it can be while creating an 8"x8" table lamp or 20"x25" four pane window. Look through the idea book, browse patterns and stencils, and choose from dozens of colors of precut glass. There is an additional supply fee of \$35 per lamp or \$65 per window, due at class.

**Instructor: Lindsey Guetter**

Tues, Sept 20-27  
5000-F22  
IGH MS, IGH

6-9 pm  
2 sessions - \$35

## Learn to Knit

This is a perfect class for the beginner knitter. Learn the basics of knitting: casting, knit and purl stitches, and binding off. Use your new skills to make a set of cotton washcloths. Bring a pair of size 8 needles to the first class to get started.

**Instructor: Suzanne Ross**

Thur, Sept 22-Oct 13  
6012-F22  
Two Rivers HS, MH

6:30-8:30 pm  
4 sessions - \$35

## Bob Ross Landscape Oil Painting with Mike T

Enjoy this oil painting class in a relaxed atmosphere to create your own replica of a Bob Ross painting. The instructor will be providing a 20x16 canvas for class. You will take your painting home to keep for yourself or give as a gift to family or friends. All supplies are included but bring your own smock/apron.

**Instructor: Mike Tischendorf**

Wed, Sept 28  
6000-F22A Misty Lake Sunrise  
Two Rivers HS, MH

6-9 pm  
1 session - \$60

Thur, Nov 3  
6000-F22B Sunrise Mountain  
Two Rivers HS, MH

6-9 pm  
1 session - \$60

## Unique Glass Mosaics

Have fun creating and learning about glass mosaics. Using precut glass, design and create a colorful project. Choose from a sign, photo frame, cross, or trivet. Stencils are provided if needed. You will have the opportunity to create multiple projects. Grouting will be performed the second night. There is an additional supply fee of \$10 per frame, \$15 per trivet, or various sign sizes starting at \$14.

**Instructor: Lindsey Guetter**

Fri, Nov 4-11  
5011-F22  
IGH MS, IGH

6-9 pm  
2 sessions - \$35

## iPhone App: Camera

In this class, you will learn the new features found in the camera app on the iPhone with iOS 15. Discover several tips and tricks to take stunning photos right from your iPhone, including the various settings on your camera and filters.

**Instructor:** Nice Guy Technology

Sat, Sept 24 10 am-12 pm  
7006-F22 1 session - \$24  
Central Square, SSP

## Bitcoin: Intro to Digital Currencies

What's up with money? The President just sent an Executive Order to his Administration to find a solution regarding developing issues surrounding Bitcoin, Stable Coins, and designing regulations for crypto assets. If these terms sound new, if you lack experience with them, or would like to get a basic introduction regarding these terms, then this initial session is a perfect fit. Bring your smartphone or a notebook.

**Instructor:** Jim McKie

Sat, Oct 1 10-11:30 am  
7009-F22 1 session - \$9  
Central Square, SSP



## Username, Passwords, and Two-Factor... Oh My!

Learn the importance of strong, secure, and unique passwords and how to create them. Discover how to set up an organized system to easily keep track of your passwords. You will walk away understanding the importance of two-factor authentication and how to set it up.

**Instructor:** Nice Guy Technology

Sat, Oct 8 10 am-12 pm  
7007-F22 1 session - \$24  
Central Square, SSP

### Register Early

Please note! instructors need to know how many students will be attending to help them plan materials. Some classes fill quickly and have size limits. Late registration may cause a class to be canceled due to low enrollments, so please sign up as soon as possible.

## What in the World is an NFT?

Learn what a digital asset is in today's technology world. Leave class with a basic understanding of what an NFT is, how it's used, and their impact on the future for music, artists, and digital creators.

**Instructor:** Social Club Simple

Mon, Oct 17 12-1 pm  
8005-F22 1 session - \$20



## Tech Self-Defense

Join this class to learn how to protect yourself from technology threats. Learn how to avoid online scams, defend your computer from viruses and malware, and ensure your data is backed up.

**Instructor:** Nice Guy Technology

Sat, Oct 22 10 am-12 pm  
7008-F22 1 session - \$24  
Central Square, SSP

**TriDistrict Community Education Buildings are your buildings, a community resource. Facilities are available for community use. See page 53 for information about our facilities and how to request a space.**



### Beginner Plus Tap Dance

Dance is a top-rated exercise because it's stimulating and fun. This class is for first-timers or previous tappers who would like a little review and a slower pace. Stephanie Stockton will review the basics and teach a complete tap routine. Wear comfortable clothing and don't forget your tap shoes, although any leather-bottom shoes will do to get started.

**Instructor: Stephanie Stockton**

Wed, Sept 14-Dec 14      6:45-7:45 pm  
7004-F22      13 sessions - \$75  
Central Square, SSP  
No class Nov 23

### Experienced Tap Dance

This tap dance class is for those who have mastered the basics and are ready for a bigger challenge. While learning a complete tap routine, you will review the basics but incorporate new time steps and combinations at a faster pace. Wear comfortable clothing and don't forget your tap shoes, although any leather-bottom shoes will do to get started.

**Instructor: Stephanie Stockton**

Wed, Sept 14-Dec 14      5:30-6:30 pm  
7005-F22      13 sessions - \$75  
Central Square, SSP  
No class Nov 23

### Deep Water Aerobics

This water aerobics class combines music and movement, using both the deep and shallow areas of the pool. It is designed to improve range of motion, flexibility, and strengthen muscles. T.A.B.A.T.A. (high intensity physical training) sessions during class improves cardiovascular endurance. Exercises that are performed in the deep water utilize a waist flotation belt to suspend the participant, allowing optimal joint movement and preventing joint impact. \*You will need an aqua fitness flotation belt. These are available online and at sporting goods stores\*

**Instructor: Mary Ellen DeCuffa**

Thur, Sept 15-Oct 6      11 am-12 pm  
6007-F22      4 sessions - \$40  
District 197 Aquatic Center, MH

### Adult Lap Swim

Lap swim is open for anyone ages 18+ who can swim 50 yards continuously. This is a swim at your own pace, non instructional opportunity. Neighbors, friends and co-workers are all welcome, but registration is required and space is limited.

Wed, Sept 14-Oct 26      6:15-7:45 pm  
7197-F22B      7 Sessions - \$49  
District 197 Aquatic Center, MH  
Thur, Sept 15-Oct 6      11 am-12:15 pm  
7197-F22A      4 Sessions - \$28  
District 197 Aquatic Center, MH



### Nordic Walking

Nordic walking takes a simple walk and turns it into a full-body workout. This class will increase participant's heart rates, burn calories, strengthen the upper body, and create resistance to build better bone density. No walking sticks needed. Nordic poles are provided by the instructor.

**Instructor: Kay Okey**

Thur, Sept 22      5:30-6:45 pm  
6013-F22      1 session - \$24  
Thompson Park Activity Center, WSP

### 2 Left Feet Dance Workshop

Convinced that you have 2-left feet and that dancing is not meant for you? This workshop takes your old swing and sway and spices it up with simple, easy, and fun moves. You'll be spinning, turning, and twirling together before you know it to feel comfortable in any setting. Couples only please.

**Instructor: Monica Mohn**

Mon, Oct 3      6:30-8:30 pm  
6005-F22      1 session - \$38 per couple  
Garlough Elementary, WSP

### Swing Dance Workshop

One day. One dance. A lifetime of fun. Now is a perfect time to try swing dancing. Monica Mohn uses her competitive dance experience to make the swing easy, with patterns you can use for years to come. Couples only please.

**Instructor: Monica Mohn**

Thur, Nov 17      6:30-8:30 pm  
6006-F22      1 session - \$38 per couple  
Mendota Elementary, MH

### Warrior Track Walking Pass

Come get in shape by walking the Warrior Track Monday-Sunday, 6am-9pm, when not in use by ISD 197 programming and activities. The track will be closed for the season after the first snowfall. It will reopen in the spring when the snow has melted and there is no future snow predicted. No pets/food/glass allowed on the track. Please wear appropriate walking shoes. You must pick up your card in person. Call 651-403-8520 to arrange a time to pick-up your card.

Daily      Hours Vary  
6997-Su22      \$15 Annual (Jan 1-Dec 31)  
Two Rivers HS Warrior Field, MH

## Medicare Basics

Medicare does not cover all medical costs and can feel complicated and confusing. This class will help you understand Medicare Parts A, B, C, & D, and cover how a Medicare Supplement Plan or Part C (Advantage Plan and/or Medicare Savings Account) can help. There will be time at the end to answer individual questions. This class is educational only.

**Instructor:** Jordan Draper

Wed, Sept 7	6-7:15 pm
5002-F22A	1 session - Free
Inver Grove Heights MS, IGH	
Mon, Oct 3	6-7:15 pm
5002-F22B	1 session - Free
Inver Grove Heights MS, IGH	
Thur, Dec 8	6-7:15 pm
5002-F22C	1 session - Free
Inver Grove Heights MS, IGH	



## Downsizing in the Current Housing Market

Been thinking about downsizing but aren't sure where to start, how to do it, or what the options are? This class will provide access to preferred service providers. Discount coupons are provided to all attendees, as well as a no-cost home evaluation if you want to know the value of your home and recommended suggestions to make it more sellable.

**Instructor:** John Mazzara

Thur, Sept 29	7-9 pm
5003-F22	1 session - \$12
Simley HS, IGH	

## Health Care and Your Retirement: Making Your Money Last

This course will help focus on what matters most and build a financial strategy to achieve it. Understand the possibilities, plan for both the unexpected and expected, and prepare for healthcare costs in retirement.

**Instructor:** Jack Reed

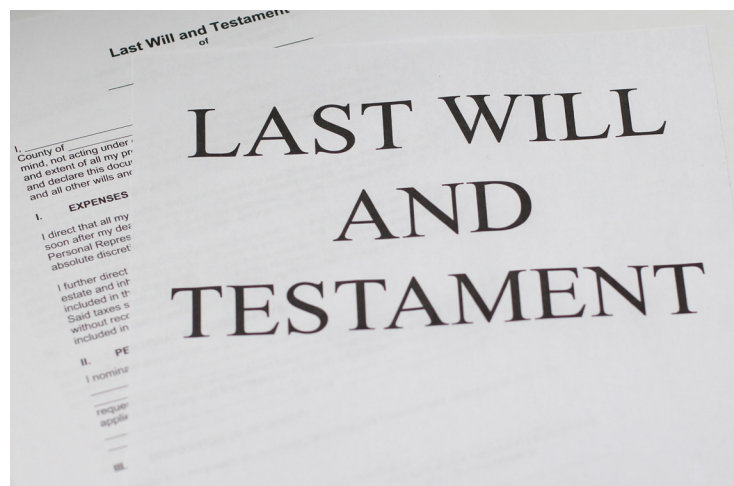
Tues, Oct 4	7-8:30 pm
5006-F22	1 session - \$12
Simley HS, IGH	

## Introduction to Homeowner Associations

Do you live in a townhouse, condominium, or other homeowners association? Considering buying one? Current and prospective homeowners will be better informed and can participate in homeowner association (HOA) community life. Learn the characteristics of homeowners associations including how they are governed, financial operations, and homeowner rights and responsibilities. Content includes how HOA's are created, governing documents, board authority, insurance, rules and regulations, and more. Presented by members of the HOA Leadership Network, a nonprofit organization of HOA board leaders.

**Instructor:** Lynn Boergerhoff

Mon, Oct 10	6:15-8:15 pm
5004-F22	1 session - \$12
Simley HS, IGH	



## Writing Your Own Will

Learn about estates and wills, as well as prepare a legal will in class. Class will have a professionally prepared form, have access to witnesses, and a notary public. You will receive an email prior to class to review information. The will form is designed for individual use; couples cannot share this form. This class is appropriate for those who have an estate of less than \$2,000,000, including life insurance, and do not own a business. All participants must register individually. Please bring a valid ID for the notarization.

**Instructor:** Kristin Davis

Mon, Sept 12	6-8:30 pm
6008-F22A	1 session - \$45
Two Rivers HS, MH	
Tues, Nov 15	6-8:30 pm
6008-F22B	1 session - \$45
Two Rivers HS, MH	



## Will Your Taxes Affect Your Retirement

It is critical to have a solid understanding of the tax-status of investments to make informed decisions and avoid paying more than is required. Learn how future tax changes may create the potential for higher taxes, ways to create tax-free retirement income, how Social Security is taxed, and how to work efficiently within current tax brackets.

**Instructor: Kevin Schwartz**

Tues, Oct 18 6:30-7:30 pm  
6015-F22 1 session - \$12  
Two Rivers HS, MH

## Savvy Social Security for Couples

The Social Security decisions spouses make in their 60's will determine the amount of total income they will receive over their lifetime; including the lifetime of the spouse who lives the longest. This class will cover some little-known rules that can help married couples get more out of Social Security.

**Instructor: Rolf White**

Thur, Oct 27 6:30-8:30 pm  
007-F22 1 session - \$12  
Simley HS, IGH



## Savvy Social Security for Women

Social Security is one of the few income sources that keeps up with inflation and lasts for a lifetime. Learn some little-known rules to help get the most from your Social Security benefits. This class is for women and for the men who have women in their lives.

**Instructor: Rolf White**

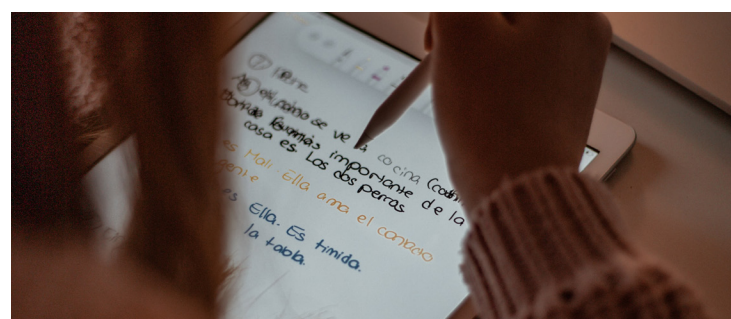
Thur Nov 10 6:30-8:30 pm  
5008-F22 1 session - \$12  
Simley HS, IGH

## Adult Conversational Spanish: Beginner Part 1

Always dreamed of learning Spanish or refreshing your high school Spanish? The primary focus of the class is building conversational tools in Spanish through interactive practice and exercises. You will learn how to carry on small conversations in Spanish. Each class will include interesting cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish as well as vocabulary and grammar topics.

**Instructor: Futura Language Professionals**

Mon, Oct 17-Nov 21 6-7 pm  
8001-F22A 6 sessions - \$118  
Tues, Oct 18-Nov 22 6-7 pm  
8001-F22B 6 sessions - \$118



## Adult Conversational Spanish: Intermediate Part 1

¿Hablas un poquito Español? Intermediate Spanish is specifically designed for the adult learner who has taken some Spanish in the past but wishes to improve Spanish conversational skills. You will practice conversation skills including learning how to make plans and discussing preferences in Spanish. Culture discussions will cover holiday traditions and celebrations in Spanish speaking countries. Appropriate for new students and previous Beginner Spanish class members.

**Instructor: Futura Language Professionals**

Wed, Oct 19-Nov 30 6-7 pm  
8003-F22A 6 sessions - \$118  
No class Nov 23



## Adult Conversational Spanish: Advanced Part 1

¿Quieres mejorar tu Español? This advanced course is for students who have had previous Spanish classes looking to take their skills to the next level. Advanced Spanish will focus on the past-tense (preterite and imperfect tenses) and more complex grammatical aspects of conversation including verb tenses and conjugations. You will learn to express things you've done in the past in Spanish as well as broaden your conversational skills. Appropriate for previous Intermediate Spanish conversation class members.

**Instructor: Futura Language Professionals**

Thur, Oct 20-Dec 1 6-7 pm  
8004-F22A 6 sessions - \$118  
No class Nov 24



## Self Reflection and Interpersonal Conflict Communication Model

This two-part workshop will walk you through the conflict-resolution model. The first meeting focuses on learning the steps based in neuroscience research. A spiritual step can be used as part of the process. You will have the opportunity to process and use the model on a personal problem prior to the second meeting. The second session will process what you learned in class and answer questions. Individual feedback will be given if desired.

**Instructor:** Mary Del Vecchio

Thur, Nov 3-10 6:30-7:30 pm  
6010-F22 2 sessions - \$20  
Two Rivers HS, MH

## Boost Your Self-Care

In this workshop, you will use self-care assessment tools to help identify personal wellness needs. The instructor uses a holistic approach to self-care needs, mental health status, and presents ideas to increase a sense of well-being. You will leave with a personal Self-Care Plan developed during the workshop. Also included is a sensory opportunity using essential oils. No sales or marketing. This is strictly a learning opportunity.

**Instructor:** Mary Del Vecchio

Wed, Dec 7 6:30-7:30 pm  
5010-F22 1 session - \$15  
IGH MS, IGH



## Experiencing Auras

What is an aura? Why are they important? Come learn these answers and much more. In class you will experience seeing and feeling auras through various exercises. Feel where one stops and another begins as well as how an aura changes with emotion and intention. Bring a notebook and pen for taking notes.

**Instructor:** Lily McNamara

Tues, Sept 6 6:30-8:30 pm  
7447-F22 1 session - \$45  
Central Square, SSP

## Meditation Made Easy!

Do you think you're bad at meditation, that you just can't do it? Not true, you just haven't learned the right combination of technique and style. In class you'll learn what mindfulness is and how to achieve it. Build a solid foundation of your personal style of meditation through a series of exercises and experiences to compare and contrast. Bring a notebook and pen for taking notes.

**Instructor:** Lily McNamara

Tues, Oct 4 6:30-8:30 pm  
7444-F22 1 session - \$45  
Central Square, SSP

## Foundation of Spiritual Health

Building a solid foundation is essential for your spiritual health. To do this you must first learn how to ground and center in yourself. The next step is a basic knowledge of protection, shielding and warding. In this class you will learn exercises and techniques for each of these key aspects of your spiritual life. Bring a notebook and pen for taking notes.

**Instructor:** Lily McNamara

Tues, Nov 1 6:30-8:30 pm  
7446-F22 1 session - \$45  
Central Square, SSP

## Intro to Shooting, Shotguns, Pistols, and Rifles

Learn the basic skills of shooting shotguns, pistols and rifles in a controlled and safe environment. Focus on safe firearm handling, marksmanship, and range etiquette. Pistols and rifles will be fired at fixed paper targets. Basic shotgun shooting will focus on fixed, then moving clay targets on the trap-and-skeet shooting fields. Targets, ammunition, firearms and safety equipment (PPE) are provided. Participants and self-provided firearms and PPE are subject to instructor approval. Instructors reserve the right to discontinue participant instruction at any time for any reason, with forfeiture of all fees. Completion of MN DNR Hunter's Safety course suggested. Participants must be ages 18+. An additional ammunition fee of up to \$30 may apply.

**Instructor:** Andy Petersen

Sat, Sept 10 1-6 pm  
8008-F22 1 session - \$240  
600 Gun Club Rd, SSP

## Past Life Workshop

Ever wonder who you were in a past life? Everyone has lived multiple lives. Learn about past lives and what that can mean for you today. Through guided meditation you will discover who you were in a past life and how that can help or hinder you in your present one. Afterwards there will be an opportunity to journal your experience and ask psychic questions for clarity. Bring a notebook and pen for taking notes.

**Instructor:** Lily McNamara

Tues, Dec 6 6:30-8:30 pm  
7445-F22 1 session - \$45  
Central Square, SSP





## Memoir Writing for Adults

Everyone has stories to tell and share. Perhaps you have started writing but need some structure. Come and write in a friendly setting, guided by an experienced instructor, and encouraged by your peers. No experience is necessary. Classes are designed to be comfortable and enriching. Bring the following materials to class: spiral notebook/legal pad (larger than a journal or diary), pens, pencils, laptop, or your preferred writing device. There will be handouts every week.

**Instructor:** Susan Cook

Wed Sept 14-Oct 12      6:30-8 pm  
5009-F22      5 sessions - \$12  
IGH MS, IGH

## Cutting the Cord

Fed up with expensive TV bills? Paying way too much for cable or satellite? Instructors will show you how you can "cut the cord," save money, and still have access to the channels and services you want. Instructors will cover available options to make your needs a cost effective reality.

**Instructor:** Nice Guy Technology

Sat, Nov 5      10 am-12 pm  
7010-F22      1 session - \$24  
Central Square, SSP

## Changes to the College Planning Process

This past year has resulted in the most changes to the college planning process. Join us to learn how these changes impact families, discuss new strategies to give students the best opportunity to be admitted, and maximize scholarships and financial aid. If you are the parent of a high school student in grades 9-11, this is incredibly important information.

**Instructor:** Chris Wills

Mon, Oct 3      7-8 pm  
8006-F22      1 session - \$12



## Hypnosis: Weight Loss-Stop Smoking/Chewing Tobacco

Join for one or both sessions! The weight loss session will stop food cravings, snacking and overeating. Or join the smoking/chewing cessation without weight gain or withdrawal course. Dress comfortably and bring a pillow or blanket. The fee includes the class session, a reinforcement CD, and a lifetime membership for free future classes if reinforcement is desired. Part of the fee is donated to the American Lung and Heart Association. Smokers will have a 40 minute break off the school grounds to smoke their last final cigarettes. Bring your cigarettes with. 6pm - Introduction for both Weight Loss and Smoking Cessation. 7pm - Weight Loss Hypnosis. 8pm - Stop Smoking/Chewing Tobacco Hypnosis.

**Instructor:** Dr. Mary Fischer

Thur, Sept 29      5:30-8:30 pm  
7011-F22      1 session - \$60 for 1 Topic  
Central Square, SSP      & \$120 for 2 Topics



## How to Recycle at your Apartment, Townhome, or Condominium

Have you been struggling to recycle at your apartment, townhome, or condominium? A good, easy-to-use recycling system is a requirement at all multi-family buildings in Dakota County, but sometimes a little help is needed. Free resources are available from Dakota County. Learn how to overcome specific challenges in your building and get your questions answered in this informative, interactive workshop.

**Instructor:** Gena Gerard

Tues, Oct 4      6:30-7:45 pm  
8007-F22      1 session - Free



## Pick up a flyer listing all activities in one of these locations:

**WSP Community Education**

District 197 Aquatic Center  
1897 Delaware Ave, MH

**SSP Community Education**

100 7th Ave N, SSP

**IGH Community Education**

2990 80th St E, IGH

## For More Information or To Register

Call 651-403-8302 or online at [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com)

## Fleece Owl Hand Warmers

When winter comes, so does the cold. Keep hands warm with these fun owl warmers. They are filled with rice and can be heated in the microwave. You can use these warmers over and over again. There is no cost for caregivers to assist.

**Instructor: Access Project Staff**

Tues, Nov 15                      5-6 pm  
1006-F22                      1 session - \$6  
Branch Out, WSP

## Apple Hand Pies

Join us in baking some delicious apple pies you can hold in your hand. Everyone will make two hand pies. Participants can eat one at Branch Out and take the other one home to enjoy later. There is no cost for caregivers to attend.

**Instructor: Access Project Staff**

Tues, Sept 27                      5:30-6:30 pm  
1008-F22                      1 session - \$8  
Branch Out, WSP

## What to do in an Emergency

Come join district safety instructor, Mario, to learn what an emergency is and what to do when one happens. There will be a meet and greet with local WSP police officers as well as an interactive activity where participants can practice talking with a dispatcher. Access Project will have information for caregivers as well.

**Instructor: Access Project Staff**

Wed, Nov 29                      6-7 pm  
1016-F22                      1 session - Free  
Branch Out, WSP

## Take the Stage

Come enjoy an evening of entertainment, where you can share your talent, a story, or some jokes on stage. If you are unsure about taking the stage, you can sign-up to share your talent when you arrive. Pre-registration is not required but appreciated to prepare the stage. Performers should let us know ahead of time if specific items are needed. There is no cost for caregivers to attend.

**Instructor: Access Project Staff**

Fri, Oct 28                      6-7:30 pm  
1015-F22                      1 session - \$5  
Branch Out, WSP

## First Class Fitness with Mark Krey

Mark Krey is back in this hybrid format fitness class. Come on down to Branch Out for a fun workout, or connect via Zoom if you want to be in the comfort of your own home. This fitness class consists of a 10 minute warm-up, a half-hour varied aerobic workout, and a 10 minute cooldown to end the class. Strength training may be included in the class. Modified versions of the workouts are offered so everyone can achieve success. Strength training equipment such as weights are not required. There is no cost for caregivers to assist.

**Instructor: Mark Krey**

Thursdays	5:30-6:30 pm	Each session - \$6
Sept 15		1012-F22A
Sept 29		1012-F22B
Oct 13		1012-F22C
Oct 27		1012-F22D
Nov 3		1012-F22E
Nov 17		1012-F22F
Dec 1		1012-F22G
Dec 15		1012-F22H
Hybrid-Branch Out, WSP or At-Home / Virtual Course		



Participants must be accompanied to the classroom and should check in no earlier than 5 minutes prior to the listed start time and should be picked up promptly at the listed end time. This allows staff time to prepare for class and clean up afterwards. Late pick-ups are documented and a three-strike policy in place. The three-strike policy is as follows: Participants and their guardians will be made aware of the late pick-up and the first and second strikes. Upon a second strike, a \$10 fee will be accrued every 15 minutes that the participant is not picked up. If the participant is not picked up within 45 minutes of the listed end time and the staff has not been contacted by the guardian about the late pick-up, staff will call 911 for participant pick-up. If a participant's guardian has been late three consecutive times, a caregiver will be required to accompany the participant to all future activities. If a participant has a unique request for pick-up, staff will need to be made aware of the unique pick-up at the start of the activity so that staff can make arrangements if needed.



## Branch Out/Hang Out

Join us at the Branch Out building for a fun night of hanging out. Get ready to spend a Friday evening hanging out, watching a movie, playing some games, and enjoying some snacks and pizza. Feel free to bring a game to share with other Hang Out participants. Pre-registration is not required, but appreciated to manage food ordering. There is no cost for caregivers to attend.

**Instructor:** Access Project Staff

Fridays	6-9 pm	Each session - \$6
Sept 9		1013-F22A
Oct 14		1013-F22B
Nov 11		1013-F22C
Dec 9		1013-F22D
Branch Out, WSP		

## Bingo Night with Access Project

Bingo is back and better than ever at Branch Out. Come on over to play bingo, have fun, and meet new people. Prizes will be available for all participants, win or lose. Food and beverages will not be provided. There is no cost for caregivers to assist.

**Instructor:** Access Project Staff

Mondays	5-6 pm	Each session - \$2
Sept 19		1014-F22A
Oct 17		1014-F22B
Nov 21		1014-F22C
Dec 19		1014-F22D
Branch Out, WSP		

## Loaded Tater Tot Skewers

This is a class you don't want to miss. These skewered tater tots are loaded with gooey melted cheese, bacon bits, and whatever else you like to put on them. Best come with an appetite. Participants will want to eat this scrumptious meal as soon as they are done. There is no cost for caregivers to assist.

**Instructor:** Access Project Staff

Tues, Oct 11	5-6:30 pm	
1009-F22	1 session - \$8	
Branch Out, WSP		

## Fall Chalkboard Sign

It's time for all things autumn. Create a fall-themed chalkboard sign that can be used as a welcoming home decoration or as a party sign. There is no cost for caregivers to assist.

**Instructor:** Access Project Staff

Wed, Sept 14	5-6 pm	
1004-F22	1 session - \$6	
Branch Out, WSP		

## Shrinky Dinks

Who doesn't love shrinky dinks? Come for a relaxing evening of coloring. Then watch your creations shrink down in size. There will be plenty of sheets to color so come ready to create. There is no cost for caregivers to assist.

**Instructor:** Access Project Staff

Wed, Oct 5	5-6 pm	
1005-F22	1 session - \$6	
Branch Out, WSP		

### Access Project Information

**Participants who require one-on-one attention** for physical and/or behavior issues or medication administration must be supervised by a caregiver. If a behavioral incident occurs, a caregiver may be required to accompany the participant to all future activities.

**Classes** will be held on the date and at the time and location listed unless you are otherwise notified.

**Transportation** to-and-from activities is the responsibility of the participant or caregiver, unless otherwise noted.

**Participants** must be accompanied to the classroom and should check in no earlier than 15 minutes prior to the listed start time. Pick up is expected promptly at the end time listed.

**Refunds** will only be given for cancellations received seven days before an activity.

**All District 197 Access Project activities are alcohol and tobacco free.**



## Pizza Bagels

Need a quick and easy dinner or lunch? Pizza bagels are here to the rescue. These little pizzas are easy to make and fulfill that pizza craving without having a long wait. Make sure to stay afterwards to eat these tasty pizzas. There is no cost for caregivers to attend.

**Instructor:** Access Project Staff

Wed, Dec 7	5:30-6:30 pm	
1011-F22	1 session - \$8	
Branch Out, WSP		

## No Bake Pumpkin Pie in a Jar

All things pumpkin and spice make our fall ever so nice. Come learn how to make this easy dessert that will impress everyone during the holiday season. There is no cost for caregivers to attend.

**Instructor:** Access Project Staff

Wed, Nov 9	5-6 pm	
1010-F22	1 session - \$8	
Branch Out, WSP		

## Sip and Paint - Winter Scene

Join Access Staff in a winter scene guided painting class. In this casual class, Staff will help guide the class through the painting while enjoying some beverages like hot cocoa or soda. There is no cost for caregivers to assist.

**Instructor:** Access Project Staff

Tues, Dec 13	5-6 pm	
1007-F22	1 session - \$8	
Branch Out, WSP		

# IMPROVE YOUR SKILLS WITH SOUTH SUBURBAN ADULT BASIC EDUCATION!



SOUTH SUBURBAN  
ADULT BASIC EDUCATION

South Suburban ABE Provides adults in the TriDistrict Area of Northern Dakota County with educational opportunities to continue their education and improve their skills. Classes are FREE for all adults.

- READING
- WRITING
- MATH
- SCIENCE
- GED PREPARATION
- ENGLISH LANGUAGE
- DIGITAL LITERACY
- TEST PREPARATION
- CITIZENSHIP PREPARATION



## IT'S NEVER TOO LATE TO LEARN

ALL CLASSES BEGIN THE WEEK OF SEPTEMBER 6

### ENGLISH LANGUAGE LEARNING

Levels 4-6  
Monday - Thursday  
8:30 am - 10:30 am

### ENGLISH LANGUAGE LEARNING

Levels 1-3  
Monday - Thursday  
10:30 am - 12:30 pm

### GED PREPARATION

PM Lab Classes  
Monday - Thursday  
5:30 - 8:00 pm

### ENGLISH LANGUAGE LEARNING

Levels 1-3 & 4-6  
Monday & Wednesday  
5:30 - 8:00 pm

### ENGLISH LANGUAGE LEARNING

Online Conversations Class  
Tuesday & Thursday  
6:30 - 8:00 pm

### GED PREPARATION

Monday - Thursday  
8:30 am - 12:30 pm

### NEW FALL CLASSES IN PLANNING

#### HEALTHCARE CAREER PREP CLASS

Fall session: September 13 - December 13

#### CIVICS/CITIZENSHIP CLASS

Fall session: September 6 - November 17



Scan to see our  
current programs.



### Central Square

100 Seventh Ave. N., SSP

651-306-3632

Mon-Fri, 5 am-8 pm

Sat, 7:30 am-2 pm

### Linda Jacobs-Buse,

Community Education Facilitator

[ljacobs-buse@sspps.org](mailto:ljacobs-buse@sspps.org)

### Services

#### Refunds

Requests for cancellations and refunds must be received by our office 7 days prior to the first class session. A \$10 service charge will be applied to your refund. No refunds are issued after the first session or trip registration deadline.

#### Cancellations

You will be notified by phone or email and given a refund if Central Square cancels a class or activity.

#### Free Wi-Fi

Wireless internet access is available anywhere in the building. No password necessary.

#### Notary Service

Mon-Fri from 7:30 am-4 pm

#### Room Rental

Central Square has room rentals available for meetings and gatherings. To inquire about room availability call 651-306-3632 or stop by the front desk.

#### Senior Center Hours

Mon-Fri, 7:30 am-3 pm

#### About the Senior Center

The South St. Paul Senior Center promotes and provides opportunities in the areas of socialization, recreation, education, and health to residents age 55 and up. For more information on these and other Senior Center programs, call 651-306-3632.

#### Opportunities to Volunteer

Adult Education Tutors - call Linda at 651-306-3632 for more information.

#### Become a Member for Only \$10/Year

Receive an annual membership card and monthly newsletter by signing up online or at the front desk at Central Square. Annual membership includes senior center activities, free senior lap swim during scheduled days/times and senior fitness class pricing.

**Members aged 65 and over enjoy free senior lap swim and discounted senior fitness class pricing.**



#### Silver Sneakers® and Silver & Fit®

Classes are available for Silver Sneakers® and Silver & Fit® Medicare fitness programs. Silver Sneakers® members are eligible for one free fitness related activity once per day that will be covered by insurance. For example: one free fitness class or one free lap swim per day. Silver & Fit® members may take two Silver & Fit® fitness classes free per week or participate in lap swim ten times per month that will be covered by insurance.

#### Fare for All

The Fare for All food program operates in cooperation with the Food Group to offer affordable groceries and packages of produce and meat for up to 40% off retail prices. They are able to bulk purchase items and partner with local farms like Big River Farms for local fresh produce. They offer value, variety, quality, and nutrition in their food packages with meat packs, fruit and vegetable packs, and combo packs. Due to the COVID-19 emergency response environment distribution has been restructured. Fare for All is welcome to everyone. Credit, debit, EBT or cash payments, no checks. For more information, please contact us at Central Square or visit [fareforall.org](http://fareforall.org)

Tuesdays, Sept 20, Oct 18, Nov 15 & Dec 20, from 4-6 pm.

#### Free Take 'n Bake Meals at Central Square

South St. Paul Community Education has partnered with Minnesota Central Kitchen, an initiative of Second Harvest Heartland, to offer free take 'n bake family dinners.

Meals serve around four people and are produced by local restaurants, caterers, and commercial kitchens. Ingredients and allergens are listed on the package and will change every time. Meals are fully prepared, you just need to warm them up before enjoying!

Who: All SSP residents

What: FREE meals - either single serve or family style (serves 4)

Where: Central Square - 100 7th Ave N, SSP

When: Meals are delivered to Central Square every Monday. Meals can be picked up Mondays after 2 pm and are available through Saturday at 12:30 pm while supplies last.

## Jazzercise

Jazzercise is a low impact high intensity workout program. Jazzercise is one of the top fitness programs in the world, providing fitness workouts for over 50 years. We combine cardio and strength training in each 60 minute class.

Classes are Monday, Tuesday (4:30-5:30 pm) and/or Saturday (9-10 am). Class fee is \$59 for unlimited Jazzercise classes per month. Instructor: Julia Jugovich

To register go to JAZZERCISE.COM and look for Central Square.



## R.I.P.P.E.D.®

The name says it all. Check out this class that stands for Resistance, Interval, Power, Plyometrics, Endurance, and Diet. It's a one stop body shock-just what you're looking for!

**Instructor: Rita Wurm**

Thur, Sept 1-Oct 27	5:30-6:30 pm
9008-F22A	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
	Drop-in - \$8 adult, \$4 senior (65+)
Thur, Nov 3-Dec 29	5:30-6:30 pm
9008-F22B	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
No Class Nov 24	Drop-in - \$8 adult, \$4 senior (65+)

## Friday Night Bootcamp

There is no better way to welcome the weekend than a sweat inducing workout! This class utilizes a variety of equipment and stations for a full body strength and cardio workout. Come prepared to move! All fitness levels are welcome, come join the fun!

**Instructor: Dana Schulte**

Fri, Sept 2-Oct 28	6-7 pm
9003-F22A	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
	Drop-in - \$8 adult, \$4 senior (65+)
Fri, Nov 4-Dec 16	6-7 pm
9003-F22B	6 sessions - \$37.50 adult,
Central Square, SSP	\$15 senior (65+)
No Class Nov 25	Drop-in - \$8 adult, \$4 senior (65+)

## SSP POUND®

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. POUND® is for ANYBODY in ANY body!

**Instructor: Amelia Berry**

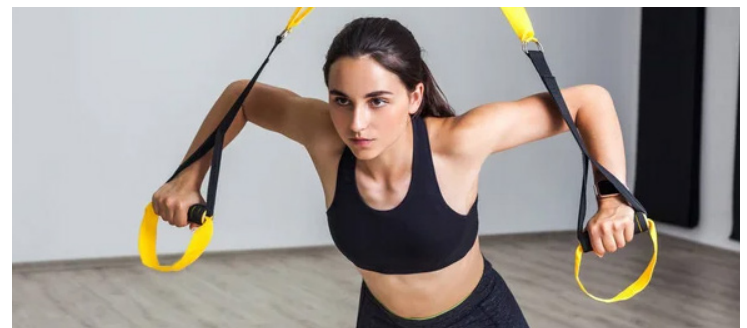
Sat, Sept 10-Oct 29	11:15 am-12 pm
9799-F22A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
	Drop-in - \$8 adult, \$4 senior (65+)
Sat, Nov 5-Dec 17	11:15 am-12 pm
9799-F22B	7 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
	Drop-in - \$8 adult, \$4 senior (65+)

## Tuesday Night Bootcamp

Utilize a variety of equipment and stations for a full body strength and cardio workout. Come prepared to move! All fitness levels are welcome; come join the fun!

**Instructor: Dana Schulte**

Tues, Sept 6-Oct 25	6:30-7:30 pm
9014-F22A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
	Drop-in - \$8 adult, \$4 senior (65+)
Tues, Nov 1-Dec 27	6:30-7:30 pm
9014-F22B	9 sessions - \$56.25 adult,
Central Square, SSP	\$22.50 senior (65+)
	Drop-in - \$8 adult, \$4 senior



## TRX® Suspension Training

This small group fitness class focuses on building on Foundational Movements (Plank, Pull, Hinge, Rotate, Push, Squat, and Lunge) using TRX Suspension Training Straps. Dana is a Yellow Ranked TRX Coach who will guide you in using suspension trainers and your own bodyweight to achieve an amazing workout.

Mon, Sept 12-Oct 31	6:30-7:30 pm
9010-F22A	8 sessions - \$50 adult,
Central Square, SSP	\$20 senior (65+)
	Drop-in - \$8 adult, \$4 senior
Mon, Nov 7-Dec 19	6:30-7:30 pm
9010-F22B	7 sessions - \$43.75 adult,
Central Square, SSP	\$17.50 senior (65+)
	Drop-in - \$8 adult, \$4 senior





## Total Body

A high-energy, total body workout that offers a variety of new exercises and tools to keep your body moving, your heart rate going.

**Instructor: Kim Befort**

Thur, Sept 1-Oct 27 9009-F22A Central Square, SSP	5:15-6:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+) Drop-in - \$8 adult, \$4 senior (65+)
Tues, Sept 6-Oct 25 9009-F22B Central Square, SSP	5:15-6:15 am 8 sessions - \$50 adult, \$20 senior (65+) Drop-in - \$8 adult, \$4 senior (65+)
Wed, Sept 7-Oct 26 9009-F22C Central Square, SSP	4:30-5:30 pm 8 sessions - \$50 adult, \$20 senior (65+) Drop-in - \$8 adult, \$4 senior (65+)
Tues, Nov 1-Dec 27 9009-F22D Central Square, SSP	5:15-6:15 am 9 sessions - \$56.25 adult, \$22.50 senior (65+) Drop-in - \$8 adult, \$4 senior (65+)
Wed, Nov 2-Dec 28 9009-F22E Central Square, SSP	4:30-5:30 pm 9 sessions - \$56.25 adult, \$22.50 senior (65+) Drop-in - \$8 adult, \$4 senior (65+)
Thur, Nov 3-Dec 29 9009-F22F Central Square, SSP No Class Nov 24	5:15-6:15 am 8 sessions - \$50 adult, \$20 senior (65+) Drop-in - \$8 adult, \$4 senior (65+)

## Virtual Fitness Classes

Visit the Central Square front desk or [www.sspps.org/centralsquare](http://www.sspps.org/centralsquare) for class schedules.

### Strength Cardio

Improve your health, increase cardiovascular and muscular strength and endurance by alternating between cardio and resistance training in this fun class that will get you moving.

**Instructor: Dana Schulte, Terie Hanson, and Rita Wurm**

### Yoga

Gain strength, stamina, and balance. Move through poses to increase flexibility, balance, and range of motion. Bring your body and mind together, improve your immune system, and reduce stress.

**Instructor: Terie Hanson**

### Senior Yoga

Senior focused, but all are welcome to join. Move through seated and standing poses designed to increase flexibility, balance, and range of motion. Finish with mat work and finally, relaxation.

**Instructor: Terie Hanson**

### Senior Strength Cardio

Senior focused, but all are welcome to join. Increase strength, body tone and balance. Chairs will be used for sitting exercises and for balance during standing exercises.

**Instructor: Terie Hanson**

### Fees

1 time per week - \$20 per month  
2 times per week - \$30 per month  
3 times per week - \$40 per month  
Unlimited - \$55 per month

## Lap Swim

Calendar with dates and times will be provided. Schedule and fees are subject to change

Punch Card	10 admissions	\$35 adult (19-64 yrs)
9012-F22A		\$15 senior (65+)
Punch Card	30 admissions	\$70 adult (19-64 yrs)
9012-F22B		\$30 senior (65+)

## Daily Rate

\$4 adult (19-64 yrs)  
\$2 senior (65+)

\*Free lap swim is available for senior center members (65+) during the following times:

Mon-Fri from 7:30 am-3 pm  
Sat from 7:30-10:30 am  
Schedule is subject to change.

## Silver & Fit® Explore

Silver & Fit® Explore is designed for older adults who are just getting started or are returning to an exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. As you increase your fitness, you may also find you have more energy to take on your daily tasks and may even sleep better at night. If you are looking for a gentle workout with seated exercise options, this class is for you! Focused toward seniors 55+, but all are welcome to join!

**Instructor: Kim Befort**

Thur, Sept 1-Oct 27 9801-F22A Central Square, SSP	9:30-10:30 am 9 sessions - \$56.25 adult, \$22.50 senior (65+) Free for Silver & Fit® members Drop-in - \$8 adult, \$4 senior (65+)
Tues, Sept 6-Oct 25 9801-F22B Central Square, SSP	9:30-10:30 am 8 sessions - \$50 adult, \$20 senior (65+), Free for Silver & Fit® members Drop-in - \$8 adult, \$4 senior (65+)
Tues, Nov 1-Dec 27 9801-F22C Central Square, SSP	9:30-10:30 am 9 sessions - \$56.25 adult, \$22.50 senior (65+), Free for Silver & Fit® members Drop-in - \$8 adult, \$4 senior (65+)
Thur, Nov 3-Dec 29 9801-F22D Central Square, SSP No Class Nov 24	9:30-10:30 am 8 sessions - \$50 adult, \$20 senior (65+) Free for Silver & Fit® members Drop-in - \$8 adult, \$4 senior (65+)

## Silver Sneakers® - Cardio & Strength

This class is designed to focus on and increase flexibility, joint stability, dynamic balance, coordination, agility, muscular strength, and cardiovascular endurance. Focused towards seniors 55+, but all are welcome to join!

**Instructor: Kim Befort**

Fri, Sept 2-Oct 28 9803-F22A Central Square, SSP	9:30-10:30 am 9 sessions - \$56.25 adult, \$22.50 senior (65+) Free for Silver Sneakers® members Drop-in - \$8 adult, \$4 senior (65+)
Fri, Nov 4-Dec 16 9803-F22B Central Square, SSP No Class Nov 25	9:30-10:30 am 6 sessions - \$37.50 adult, \$15 senior (65+) Free for Silver Sneakers® members Drop-in - \$8 adult, \$4 senior (65+)

## Senior Center

Ongoing Activities (pre-registration is not required)

### SSP Buzz

Join your neighbors for a cup or two of joe and get your local buzz of what's happening around the community.

Monday-Friday 8:30-11 am

### Walk the Square

Come walk the Square - we might not be big, but we are temperature controlled.

Monday-Friday 7:30 am-3:30 pm

### Penny Bingo

Meets once a week! Spend a fun afternoon with us playing Penny Bingo! It's a fast paced, easy card game that everyone will enjoy! It's very casual, leaving plenty of time to socialize and laugh throughout the games. Bring your pennies!

Mondays 1-2:30 pm

### Cribbage

Is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points. It can be adapted for three or four players.

Mondays 12-2:30 pm

### Woodcarvers

Come check out the Woodcarvers Group at Central Square! This is a social group, without formal instruction. Get together with others who share your hobby and learn from each other. Please bring your own tools and supplies.

Tuesdays 9-11 am

### Line Dancing

Dance to a variety of music genres. It's fun, good for the soul, and no partner is needed. Instructor: Margaret Christians

Tuesdays 10:30-11:30 am

### Cornhole

A fun game that can be played by people of all skill levels. Cornhole can be played as singles or doubles and the only equipment required is two boards, eight bags, some open space and a few people ready to have fun!

Tuesdays 1-2:30 pm

### Craft Day

Grab your craft and come on over. Whether you knit, crochet, color, draw, stamp, make cards, etc. We have room for you. You can socialize with other crafters and maybe pick up a pointer or two, maybe even start a new craft.

Tuesdays 1-3 pm

### 500 Cards

Five Hundred is a trick-taking game with some ideas from Bridge. The game described here is for four players. The game is played over a series of hands. You win the game by earning 500 points or forcing your opponents to reach - 500 points.

Wednesdays & Fridays 11:30 am-2 pm

### Hand & Foot Card Games

Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game and no standard rules.

Thursdays 12-2:30 pm



## Fall Fashion Show

Hosted by the Senior Center, the annual Fall Fashion Show features apparel, jewelry and handbags by TaylorMarie's Apparel. See our very own members modeling the season's current fashions. The clothes are fun, beautiful, fashionable and affordable! After the show enjoy a delicious lunch catered by Magnolias followed by dessert.

Wed, Oct 26 11:00 am Show 11:30 Lunch  
7444-F22 \$20

## Happy Feet

Happy Feet is scheduled the first and third Tuesday of the month at 9 am. A qualified nurse will soak and treat foot ailments from trimming, corns, calluses and walk away with a soothing foot massage.

**First & Third Tuesday of the Month - 9 am-4 pm**

Sept 6, 20 \$45 per session  
Oct 4, 18  
Nov 1, 15  
Dec 6, 20

Call to make an appointment 763-560-5136.

## Senior Board Meetings

The Senior Center Board meets the second Wednesday of the month. Meetings begin at 9:30 am. If there is an idea or something you would like to see at the center, please join us and provide us with your ideas! All are welcome!

**Second Wednesday of the Month - 9:30 am**

Wed, Sept 14  
Wed, Oct 12  
Wed, Nov 9  
Wed, Dec 14

## Senior Out and About Lunches

We travel monthly to a new lunch destination. Registration is required and can be done in person or by calling 651-306-3632. Limited transportation is offered. Sign up in the Central Square Laundry.

**Second Wednesday of the Month - 11 am**

Wed, Sept 14 Cowboy Jacks  
Wed, Oct 12 The Copperfield  
Wed, Nov 9 Teresa's Mexican Restaurant  
Wed, Dec 14 Potluck

**New to the community?  
TriDistrict classes and  
activities are a great way to  
meet new friends. Sign up  
today!**

## Senior Socials at Central Square

Join us at Central Square for a social get together! Come for food, conversations, music, and friends! Monetary donations accepted  
**11:30 am-1 pm**

Thur, Sept 15	Walking Taco
Thur, Oct 5	Oktoberfest
Thur, Nov 17	Wild Rice Soup
Thur, Dec 15	Senior Potluck
Thur, Jan 19	Mac & Cheese

## Medicare Educational Presentation

Medicare is a government medical program offered to people 65 and over. However, it does cover individuals under 65 with certain medical issues. Medicare doesn't cover "everything"! Discuss the differences between plans, how Medicare works, an overview of part D, and how to choose a Medicare plan.

**Instructor: Greg De Keuster**

Thurs, Sept 22	10-11:30 am
7146-F22A	1 session - Free

## The LeDuc Family & the Paranormal

The unknown has always fascinated people. This increased in popularity in the mid-1800s as seances and Victorian Spiritualism began to spread across the country. The LeDuc Family residence has been associated with the unknown for many years, partly due to its Gothic Revival architecture, but also the family's thoughts on the Paranormal and the unknown. This presentation explores the history of Victorian Spiritualism and the LeDuc family's publication on the unknown, as well as their role in hosting seances at their house.

**Presenter: Matt Carter, Dakota County Historical Society**

Mon, Oct 3	9:30-10:30 am
7160-F22	1 session - In Kind Offering

## Dementia Friends

Dementia Friends is led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into practical action that can help someone living in your community. The action can be as big or as small as you choose-every action counts!

**Presenter: Colleen Fitch**

Tues, Oct 4	10-11 am
7146-F22	1 session - Free
Tues, Jan 17	10-11 am
7146-W23	1 session - Free

**City of Inver Grove Heights Parks & Recreation**

Veterans Memorial Community Center (VMCC)  
8055 Barbara Avenue, Inver Grove Heights, MN 55077

**Program Registration**

For programs that require registration: call the Parks and Recreation office at 651-450-2585 or visit [www.ighmn.gov/activeadults55](http://www.ighmn.gov/activeadults55)

To view the current Scoop/IGH Parks and Recreation brochure visit [www.ighmn.gov/currentbrochure](http://www.ighmn.gov/currentbrochure)

**SPEAKERS**

**The Senior Gems Approach to Dementia Care**

**Thursday, September 15 • Free**

The Senior Gems was created by Senior Helpers based on the work of Teepa Snow. It is a method for identifying the characteristics of aging, from normal aging through the early- and late-stage dementia. This classification system allows trained caregivers to identify the characteristics of different stages of dementia and understand what a person can still do, leading to the most appropriate care strategies for each individual.

**Time:** 10 am **Code:** AS-F0915  
**Location:** VMCC **Register by:** Friday, September 9

**How to Avoid Senior Scams**

**Thursday, September 29 • Free**

Join us as Dakota County Sheriff Detectives discuss the most common types of scams being done over the telephone and internet and offer effective tips on how to avoid becoming a victim. Detectives will provide real life examples of these scams and how to file a report to your local law enforcement agency if you become a victim.

**Time:** 10 am **Code:** AS-F0929  
**Location:** VMCC, Community Room 2  
**Register by:** Friday, September 23

**Landmark Tours Travel Showcase**

**Tuesday, October 4 • Free**

Join us during Active Aging Week as Landmark Tours shares some exciting travel opportunities. Their inclusive packages feature round-trip airfare, quality accommodations in great locations, deluxe motor coach transportation and the services of a professional Tour Manager. If you can't attend the presentation, call 612-230-2040, stop by VMCC for a catalog or visit [www.gowithlandmark.com](http://www.gowithlandmark.com).

**Time:** 1 pm **Code:** AS-F1004  
**Location:** VMCC **Register by:** Friday, September 30

**Volunteering Opportunities**

**Wednesday, October 5 • Free**

Join us during Active Aging Week and find out about all the wonderful ways to volunteer. Presented by Darts, CAP Agency and Volunteer Engagement Manager Diane Erickson.

**Time:** 10:30 am **Code:** AS-F1005  
**Location:** VMCC **Register by:** Friday, September 30

**Mobile Technology 101**

**Tuesday, October 18 • Thursday, October 27 • Free**

Would you like to feel more confident when you use your phone or computer? You are invited to a FREE review of mobile technology led by our helpful City IT staff. We will cover topics including tablets and cellphones, software applications, online security, email and text messaging. Please bring your phone, computer and questions to the session, as there will be time for one-on-one assistance. Get ready to teach your grandkids a thing or two!

**Session 1:** Tuesday, October 18 **Time:** 10 am  
**Location:** VMCC, Community Room 2 **Code:** AS-F1018  
**Register by:** Friday, October 14

**Session 2:** Thursday, October 27 **Time:** 10 am  
**Location:** VMCC, Community Room 2 **Code:** AS-F1027  
**Register by:** Friday, October 21

**Fall Fashion Show featuring TaylorMarie's Mobile Boutique**

**Saturday, October 22 • \$20**

You are sure to have a great afternoon as TaylorMarie's full service mobile retail store featuring name brand women's clothing and accessories. It is like having an entire department store or boutique coming right to our doorstep! Be assured that TaylorMarie's styles will appeal to women of all ages! A catered light meal will also be served. Save the date for this fun, fashionable event and be sure to bring a friend!

**Time:** 1-4 pm **Code:** AS-F1022  
**Location:** VMCC, Community Room 2  
**Register by:** Friday, October 14

**Happy Feet Foot Services**

On the **fourth Tuesday of the month**, enjoy a 30 minute appointment with a nurse to receive a foot soak, nail trim, foot massage and treatment. Call 763-560-5136 to set up an appointment.

**Pickleball**

Pickleball is a fun, fast activity that combines tennis, ping pong, racquetball and badminton. It is a great way to get a good workout and have fun while doing it. It is the fastest growing sport in North America. Indoor play is open at the VMCC National Guard Gymnasium. All players must check-in, pay and wear a wristband. View the schedule online: [www.ighmn.gov/pickleball](http://www.ighmn.gov/pickleball)



# IGH Senior Club

**Join for the camaraderie and enjoy  
a side of savings on activities!**

The IGH Senior Club is a place for camaraderie, socializing and entertainment, while participating in interactive and fun activities, including monthly luncheons, weekly card games, holiday party and more!

**2023 Membership: \$15 per person** We will begin membership renewal for 2023 in mid-October at \$15 per person. The Club is managed by a Board and in partnership with IGH Parks & Recreation.



**PLEASE NOTE:** starting in September 2022 all Senior Club payments for new membership to the Senior Club, and registration for the monthly luncheons, will be paid directly to the Senior Club.

The Senior Club will collect payment by installing a locked drop box located inside the VMCC north entry (door "E") by the Parks & Recreation Department office near the east rink. Registration forms and envelopes will be provided at the drop box location.

## All Senior Club Luncheons are Members Only!

Senior Club members enjoy the benefit of a monthly luncheon (third Monday of the month at 12–2 pm). These luncheons bring together members in a fun, social gathering with entertainment and food. Registration is required by the Thursday before the luncheon.

### AUGUST 15

- Pork roast, garden salad and veggies
- BINGO
- \$20

### SEPTEMBER 19

- Chicken Chow Mein and fried rice
- Entertainment by Grace Notes
- \$12

### OCTOBER 17

- Pizza and salad
- BINGO
- \$10

### NOVEMBER 21

- Pie and ice cream
- Elections
- BINGO
- Free

### FRIDAY, DECEMBER 2

**Holiday Luncheon (Please note this is on a Friday and will not be held on the third Monday of December)**

- Roast beef & Au ju, baby red potatoes, glazed carrots, salad, rolls and cookies
- Holiday Choir
- \$15

## Social Card Games

No need to register. Simply show up!

**500:** Mondays • 1 pm

**Hand & Foot:** Wednesdays • 9 am

**Bridge:** Wednesdays • 12:30 pm

**Cribbage:** Tuesdays • 1 pm

**Euchre:** Thursdays • 1 pm

## History Book Club

**Mondays • 10 am • VMCC**

Meets every fourth Monday of the month at the VMCC from 10–11 am Discuss selected books with this free, drop-in group, **no registration is required.** For more information or to provide book suggestions, contact Barbara Eschle at 651-450-6879 or by email at [quinneschle@gmail.com](mailto:quinneschle@gmail.com). Note: Room location will be posted in the VMCC on day of club.

- August 22** *Dodge City: Wyatt H. Earp, Bat Masterson and the Wickedest Town in the West* by Thomas Clavin
- September 26** *The Swamp Fox: How Francis Marion Saved the American Revolution* by John Oller
- October 24** *Gunflint Burning: Fire in the Boundary Waters* by Cary Griffith
- November 28** *I Think You're Wrong (But I Am Listening)* by Sarah Stewart Holland
- December** No Meeting

## Fiction Book Club

**Tuesdays • 1 pm • VMCC**

Room location will be posted in the VMCC on day of club.

- September 13** *The Book Thief* by Markus Zusak
- October 11** *The Story of Arthur Truluv* by Elizabeth Berg
- November 8** *The Midnight Library* by Matt Haig
- December 13** *Lightning Strike* by William K. Krueger

## Sleeping Mats for the Homeless Project

**First Tuesday of the month • 1 pm**

Put those plastic grocery bags to good use and keep them out of the landfill by joining us in making sleeping mats for the homeless. Mats are crocheted out of plastic bag yarn (PLARN). Jobs include: cutting (bring your own scissors), sorting and crocheting (please bring your own 16mm or size (Q) crochet hook). Directions will be provided. Mats will be donated to Friday Night Street Gang, an organization that supports the homeless. If you have any questions, email: [joann@usfamily.net](mailto:joann@usfamily.net)

For more information about Inver Grove Heights Active Adults 55+ programs, contact Al Vandehoef at 651-450-2468 or email [avandehoef@ighmn.gov](mailto:avandehoef@ighmn.gov)



**IGH Active Adults 55+ programming is provided in partnership with the ISD 199 Community Education Department.**

### Welcome to Thompson Park Activity Center

1200 Stassen Lane, West St. Paul, MN 55118

### Office Hours: Mon - Thur, 9 am-4 pm

TPAC will be closed Sept 5, Oct 20-21, Nov 24-25, Dec 22-30, Jan 2.

### Contact and Registration Information:

Ph: 651-403-8300

Online: [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com) and click on Adults 55+.

Registrations are taken on a "first-come, first-serve" basis. Mail registrations will not be guaranteed. There is a one week registration deadline for all TPAC classes.

### TPAC Groups and Clubs

Registration required. Monthly groups \$10 annually per member, renewed each September. Weekly groups \$15 per trimester/member Jan-April / May-Aug / Sept-Dec.

### Scholarships & Fee Assistance

Call 651-403-8303 for details.

### Refunds

Requests for cancellation and refunds must be received by our office seven days prior to the first class session. A \$10 service charge will be applied to your refund. No refunds are issued after the first session or trip registration deadline.

### Cancellations

You will be notified by phone or email and given a refund if TPAC cancels a class or activity.

### Inclement Weather and TPAC Closures

If District 197 is closed due to inclement weather or cold temperatures, TPAC will also be closed. TPAC's voicemail will be updated by 7 am. Call 651-403-8300.

### E-News

Sign up for email updates from Thompson Park Activity Center at [tridistrictce.org](http://tridistrictce.org) or call TPAC at 651-403-8300.

### Opportunities to Volunteer - Call TPAC for more information

Technology Mentors  
Umbrella Project  
Garden Club  
Advisory Council

*If you have any questions, comments, or concerns regarding Weekly/Monthly Programs, please contact TPAC at 651-403-8300, and not the program facilitator. Trimester fees cover Sept-Dec programming. Annual fees cover Sept 2022 to Aug 2023.*



### Free Services

Memory Screening provided by DARTS, call 651-403-8300 for an appointment.

Legal Services, call 651-222-4731.

Health Insurance Counseling, call the Senior LinkAge Line at 1-800-333-2433 or go to [trellisconnects.org/get-help/medicare](http://trellisconnects.org/get-help/medicare) for an appointment.

### Fare For All

Affordable groceries for all. Dates are subject to change last-minute. Details at [www.fareforall.thefoodgroupmn.org](http://www.fareforall.thefoodgroupmn.org) or call 763-450-3880. Credit Cards preferred. No checks.

### Keeping in Touch

If you are wondering how a missing friend from TPAC is doing or know someone who would appreciate hearing from us, please contact the front desk at TPAC and complete a request to have a card sent to them. Keeping in Touch is sponsored by the Umbrella Project.

### Difficulty Hearing our Presenters?

If you have difficulty hearing during a presentation or class at Thompson Park, please let us know immediately so that we can rearrange seating or have the presenter use a microphone. Our office staff at the front desk will be happy to assist you.

### Suggestion Box

The TPAC Advisory Council welcomes your feedback and comments, whether for programming, policies, our services, operations, or the facility. A suggestion box is in the hall near the bulletin boards. Please use the forms that are available to let us know your thoughts. If you include your contact information (optional), we can follow up with you.



METRO DINING CARDS WILL BE AVAILABLE MID-SEPTEMBER. EACH SET IS COMPRISED OF OVER 60 CARDS TO LOCAL RESTAURANTS, OFFERING BUY ONE / GET ONE FREE MEALS OR 50% OFF ENTRÉES. THE CARDS MAKE GREAT GIFTS.

STOP BY THOMPSON PARK TO PICK UP YOUR SET!

**\$30 PER SET**

CALL 651-403-8300 AHEAD TO ENSURE AVAILABILITY.



### Singing the Hits of the Rat Pack Era with Gary LaRue

Gary specializes in crooning songs from the Rat Pack era. Songs made famous by entertainment legends such as Frank Sinatra, Nat King Cole, Dean Martin, Chet Baker, Bobby Darin and many more will be performed. Dessert will be served.

Thur, Sept 22 1-2 pm  
1706-F22 1 session - \$8  
Register by Sept 15

### The Good Old Days of WCCO Radio

Retired WCCO Radio News Director, Curtis Beckman will entertain with station history, glory day stories centered around radio personalities such as Howard Viken, Steve Cannon, Charlie Boone, Sid Hartman, Joyce Lamont, Roger Erickson, and more. Don't forget the school closings, and just darn fun commentary. Dessert will be served.

Wed, Nov 16 1-2 pm  
1708-F22 1 session - \$8

### Afternoon Snowflake Soiree

TPAC is excited to host a snowflake soiree. Bring a sweet treat to share at the smorgasbord table of deliciousness. Punch will be served by TPAC staff, with beautiful live music provided.

Wed, Dec 14 1-2 pm  
1712-F-22 Bring sweets to share  
Register by Dec 7 and/or food shelf item

## MAKERS MARKET CRAFT SALE

Get a jump on your holiday shopping while supporting local artists, small businesses and TriDistrict family programming.



Saturday, Sept 24  
Two Rivers High School  
9 am - 3 pm

Call 651-403-8312 if you are interested in being a vendor.



### Dr. Mark Seeley: Minnesota's Most Famous Historical Weather Events

Dr. Mark Seeley retired in 2018 after nearly 40 years as Extension Climatologist and Meteorologist at the University of MN. He provides weekly weather commentary on MN Public Radio's Morning Edition, produces documentaries for Twin Cities Public Television (TPT) and is the author of Minnesota Weather Almanac. He continues to provide presentations on climate change and its effects on the state's infrastructure and natural resources. Join Dr. Seeley to hear about Minnesota's most memorable weather events. Dessert will be served.

Wed, Oct 19 1-2 pm  
1707-F22 1 session - \$8



## Nature Sense with Eloise Dietz

Programs are designed to promote connections with nature. Register one week or more in advance. Classes take place on the first Tuesday of the month.

**Instructor:** Eloise Dietz

1544-F22      2:15-3:30 pm      Each session - \$12

### Sept 6: Autumn Discoveries

Hike in search of all that is happening with the animal and plant kingdoms.



### Oct 4: How Sweet it is!

Thank our pollinators as we enjoy apple and honey tastings.

### Nov 1: Ready, Set, Go!

Survival tactics for plants and animals: who stays, who's on the move, who's heading underground, and who dies?

## Wolves of the Land

Myth or reality: Wolves attack humans? Wolves are wanton killers? Wolves howl at the moon? Wolves are among the most misunderstood of wild animals. Traveling naturalist, Melonie Shipman, has spent years working with wolves from socializing pups to cleaning out their dens to advanced study of their special language. Demonstrations, video clips, props, and slides will help you see the world through the eyes of this mystical wildlife teacher.

**Instructor:** Melonie Shipman

Thur, Oct 13      10-11 am  
1709-F22      1 session - \$8

## Understanding Probate

What is probate? How do you avoid it? If you're unsure how to answer, attend this session to get the most current information. Probate laws are continually changing. Explore the different options available and make plans for the possessions you want to leave to loved ones.

**Presenter:** Andy Lehner

Tues, Oct 4      10-11:30 am  
1624-F22      1 session - \$3

## Medicare Seminar: Considerations for Those Turning 60

This seminar offers a checklist of topics to explore as you reach this milestone birthday. Discussion will include: Retirement income check up, when to begin social security benefits, wills and health care directives, health risks, life insurance, final expense insurance, long term care options, Medicare, employee health care vs. Medicare health care, housing options, and important document organization and storage.

**Presenter:** Sheri Salloway Yarosh, MBA Partners Senior Advantage

Mon, Sept 19      10-11 am  
1710-F22      1 session - \$3

## What's New for Medicare in 2023

What changes are anticipated for Medicare in 2023? Will premiums for Part B increase? Do you need to review your Medicare health plan and prescription drug plan? What new benefits are being offered by various Medicare advantage programs? This seminar addresses these questions but does not highlight specific plans.

**Presenters:** Harvey Perle, Owner and Principal of Perle & Co. and Sheri Salloway Yarosh, MBA licensed insurance agent from Partners Senior Advantage

Thur, Sept 29      11 am-12 pm  
1622-F22      1 session - \$3

## Write Your Own Healthcare Directive

Health Care Directives (living wills) are critically important documents. They afford you the option to appoint who should advocate for you if you become unable to do so for yourself. They also allow you to state your preferences in healthcare. You can leave this class with Health Care Directives in place.

**Presenter:** Andy Lehner Law Office, LLC

Wed, Oct 12      10:30 am-12 pm  
1625-F21      1 session - \$3

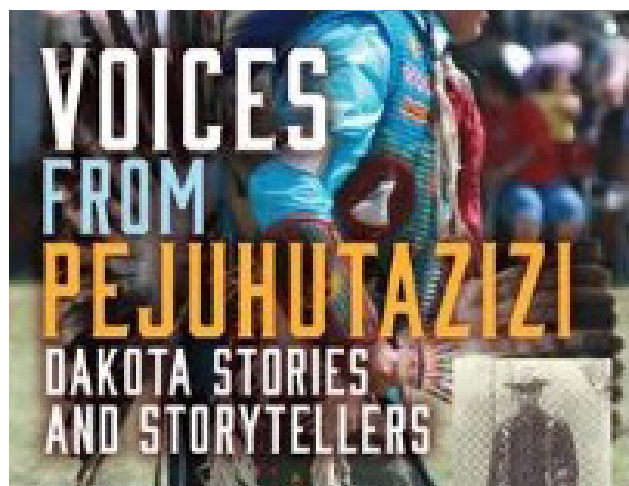


**Please register 1 week in advance.**

## Senior Tour of Homes

Tour four senior living communities in Northern Dakota County in a fun, entertaining way. The route will showcase independent living, assisted living, a residential home and memory care. You'll receive refreshments, lunch, bus transportation, marketing information on each site visited and prizes. Tour is provided by Choice Connections (advocating for seniors to have independence and control in their home choice as they age). After completion of the tour, Eunice from Choice Connections will follow up with you regarding additional information. Seats are limited.

Thur, Sept 29 9:15 am-2:45 pm  
1504-F22 \$25 includes snacks and lunch



## Voices From Pejuhutazizi: Dakota Stories and Storytellers

Sisseton Wahpeton Dakota storyteller, Teresa Peterson, will share her book *Voices from Pejuhutazizi*. Through five generations at Pejuhutazizi, Peterson's family members have told stories of events, migrations, and relationships in Dakota history, and stories that carry Dakota culture through tales, legends, and myths.

**Presenter: Teresa Peterson**

Thurs, Nov 17 10-11 am  
1714-F22 1 session - \$3

## Braver Angels: Listening to the Other Side

Political stress is everywhere and the current polarized public conversation doesn't help. Join us for a presentation on Braver Angels, a national grassroots movement dedicated to depolarizing our country. Braver Angels teaches skills for respectful conversations to help participants understand one another better, see each other's humanity, and find common ground where it exists. Braver Angels does not seek to change anyone's viewpoints or values, but rather to change how we treat people with whom we disagree.

**Presenters: Frederick Hotchner & Barbara Thomas**

Thur, Sept 29 1:30-3 pm  
1633-F22 1 session - \$3

## Dakota History Series with Corrine Marz

Hear and see part of the plight of the Dakota people, including historic timelines, current research and family stories. This will be an extensive three day series.

**Instructor: Corrine Marz**

Nov 21: A series overview: sharing of research materials, art prints, maps, documents, historical books, explorers and exploration, and more.

Nov 22: Sites in Wisconsin and Minnesota, Fathers Marquette and Hennepin kidnapping, Nicolus Perrot and the French King, Battle of Mille Lacs Kathio, 9-Mile Creek, arrival of the British, French Indian War, fur trade, indigenous support of the American Revolution and more.

Nov 23: Role of Zebulon Pike, Prairie du Chien and the Washington Treaties, Black Hawk War, arrival of the missionaries, Fort Snelling connection, Chief Cloud Man, Battle at St. Paul/Jackson St, movement to reservations, 1862 war, Great Second Exile, and more.

Mon-Wed, Nov 21-23 10-11:30 am  
1715-F22 3 sessions - \$5

## Ukrainian Woven Art: Village Textiles in Today's Ukraine

Textile creation combines environmental considerations, necessity and aesthetics. The variety that results is especially evident in the geographical expanses within the current boundaries of Ukraine. Sampling the wealth of textile designs not only explores the cultural variety, but the complexities of historic people groups.

**Presenter: The Museum of Russian Art.**

Thur, Sept 8 11 am-12 pm  
1716-F22 1 session - \$5



## NEW! The Museum of Russian Art Experience: Celebrating 20 Years of Art

For twenty years, The Museum of Russian Art has been exhibiting art and cultural artifacts from the Russian Empire and the Soviet Union. During that time, art collectors have been contributing to the growth of the museum's permanent collection. The current exhibit on display celebrates this growing collection and, at the same time, provides a glimpse of the movements created by visual artists throughout the 20th century.

**Presenter: The Museum of Russian Art Staff**

Tues, Nov 8 9:30-11:30 am  
1717-F22 1 session - \$5

## Senator Matt Klein at TPAC

Senator Klein will address the upcoming MN midterm voting expectations, highlight several legislative achievements, his perspective on the state of MN, as well as several issues he plans focusing on as the Senate looks forward to 2023.

Tues, Oct 18 10-11 am  
1734-F22 1 session - \$3

## History & Function of the Federal Reserve

The Federal Reserve System, consisting of twelve individual reserve banks across the nation and the Board of Governors in Washington DC, was created in 1913 to serve as the nation's central bank. LuAnne Pederson, Senior Vice President and General Counsel of the Federal Reserve Bank of Minneapolis, will discuss the history of the Federal Reserve System and describe the purposes and functions of the Reserve Banks.

**Presenter: LuAnne Pederson**

Tues, Dec 6 10-11 am  
1718-F22 1 session - \$5

## Richard Painter: Political Potpourri

Richard Painter has been the S. Walter Richey Professor of Corporate Law at the University of Minnesota Law School since 2007. From 2005-2007 he served as the chief White House ethics lawyer in the George W. Bush administration. Painter will discuss historical and current local, state and national events, including:

- State of our Democracy prior to Mid-Terms
- Top issues facing Minnesota
- Biggest US issue needing more public attention

Thur, Oct 6 9:30-11 am  
1722-F22 1 session - \$5



## Dayton's Project

If you get excited seeing Dayton's logo again, this presentation may be for you. The downtown Dayton's Project is complete. During this incredible restoration, much was discovered and either preserved or noted in the history books. The work that went into the restoration of this icon, as well as Dayton's store history will be highlighted in this presentation. Hearing what the project was, and can continue to be, may help soften the fears associated with visiting downtown Minneapolis.

**Instructor: Morgan Hansen and John Boreen**

Tues, Nov 29 10-11:30 am  
1723-F22 1 session - \$5

## Tax Preparation 101

I used to do my own taxes, maybe I can do them again!? Members of the AARP Tax-Aide Program will be present to share the role they play in preparing returns. Walk through the basics of tax preparation with experts who know. Individual issues will not be addressed, but the how-to of tax preparation will be.

Thur, Dec 8 10-11:30 am  
1720-F22 1 session - \$3

## 3 Easy Make & Eat Holiday Treats

TPAC has some good bakers who know how to make and eat treats. Join us as they share three of their favorite easy holiday treats with you and send you home with a baggie for snacking. Space is limited to 12 people. Register early.

Wed, Dec 7 1-3 pm  
1721-F22 1 session - \$6

## The Violence Project Shared

The Violence Project is a nonprofit, nonpartisan research center dedicated to reducing violence in society using data and analysis to improve policy and practice. Their research on mass shootings, funded by the National Institute of Justice has received global media attention in the areas of gun violence, violent extremism, and more. Join together to hear what this research, and most importantly, what can be done to address various forms of violence.

**Instructors: Dr. Peterson and Dr. Densley**

Mon, Oct 3 1-2:30 pm  
1731-F22 1 session - \$5

**Please register 1 week in advance.**



## Landmark Tours: See The World

Ready to explore the world again? TPAC collaborates with Landmark Tours; a local, family-owned tour operator. Upcoming trips will be showcased at this presentation. To learn more about the exciting world of escorted travel, stop by and pick up a Landmark Tours catalog.

**Presenter:** John Lyons

Tues, Sept 27 10:30 am-12 pm  
1592-F22 1 session - Free



## Cutting the Cord

Fed up with expensive TV bills? Paying way too much for cable or satellite? In this webinar, instructors will show you how you can "cut the cord," save money, and still have access to the channels and services you want. Instructors will cover available options to make your needs a cost effective reality.

**Instructor:** Nice Guy Technology

Tues, Oct 11 1-3 pm  
1724-F22 1 session - \$38



## Out & About Group

A social group for men and women who enjoy getting together for 1-2 outings a month. Lunch is usually a part of these activities. After registering, information will be emailed to you by the group's Communications Coordinator. Each member supports the group in the following ways:

- Pay the \$10 annual fee to TPAC.
- Pay costs of activities in which you participate.
- Organize an activity (we can help with ideas).
- If ride-sharing, optional cash donation to the driver for gas.

1609-FS21 \$10 annually

## Computer Center

TPAC volunteer mentors assist with technology questions, both hand-held and home-based. Come with your device and receive patient assistance. Check in at the computer lab when you arrive at TPAC.

**Additional mentors welcome.**

Mondays 9 am-12 pm  
No registration needed Free

## Umbrella Projects Group

Umbrella project volunteers make a difference through service. Some past activities include visiting healthcare centers, assisting new Americans learn English, helping at local food shelves, and providing services where needed throughout the community. If this resonates with you, please join.

Second Mondays 10-11:30 am  
1599-S22 Free

## Great Decisions Group 2023

Join Great Decisions starting in January 2023 for fantastic discussions about complex US foreign policy and global issues. Books may be purchased on your own at [www.fpa.org](http://www.fpa.org) or through TPAC. If you are ordering your book through TPAC, the bulk book orders will be placed Nov 21.

**Facilitator:** Charles Happach

Second Mondays 12-1 pm  
1296-W23 Class \$10 annually, Jan-Dec  
1294-W23 Book \$32 for book

## Mystery Book Club

Read and discuss book selections along with other mystery book enthusiasts. Share your favorite mysteries with the group.

**Facilitator:** Joyce Wahlquist

Second Tuesdays 10:30 am-12 pm  
1565-F22 \$10 annually

## British History

This course will stimulate your thinking and inspire questions. The classes are fun and relaxed, using a combination of participant questions, oral presentations, and videos.

**Presenter:** Terry Kubista, British historian, educator, and presenter

Second Tuesdays 1:30-3:30 pm  
1116-W22 \$8 per session



## TED TALKS Discussion

(Technology, Entertainment and Design) Come watch a popular 20-minute TED TALK video. Our facilitator will pose a few questions to get the conversation started and the group does the rest.

**Facilitators:** Patricia Ruble

Third Tuesdays 1-2:30 pm  
1607-F22 \$10 annually

## Handmade Greeting Cards

The best way to cheer someone up is with a personalized card. Create your own greeting cards. All of the materials and instructions will be provided; all you have to do is participate. You will be guided to create both a Halloween and sympathy card. Participation is capped at six people. Register early.

**Presenter:** Louise Tucker

Mon, Oct 3 9:30-11:30 am  
1725-F22 1 session - \$10

## Craft Exploration

Our new friends at Minnesota Makers are offering two craft experiences to TPAC participants. All supplies and in-person instructions will be provided. If you have a craft project you'd like us to consider for future months, call the TPAC office, 651-403-8300.

## Mandala Rock Art

Mandalas are everywhere lately and are widely used for relaxation through coloring, mosaics, and so much more. This class will feature a presentation on Mandalas, their meaning, history, as well as many different styles of Mandalas you can consider painting on your rocks. Includes all of the materials you will need: natural beach stones, paints, brushes, tools, and inspiration! You can make as many Mandala Rocks as you want in the time we meet.

Thur, Oct 6 12:30-3 pm  
1728-F22 1 session - \$30



## No Sew Gnomes

Join us for a class where you will make two adorable gnomes. All supplies will be provided for making cute no-sew gnomes (approximately 12 inches tall). Make both gnomes for yourself or keep one and give the other away as a gift. We are using hot glue guns, so a comfort level with that tool is needed.

Thur, Dec 1 12:30-3 pm  
1730-F22 1 session - \$40

## Beginning Sewing

This class is for individuals who have very little or no experience with a needle. Hands-on instruction will be given on threading and using a sewing machine, fabrics, tools and notions. If your future goal is to sew quilt crafts or follow a clothing pattern, we will start that journey together. All necessary equipment and supplies are provided. You are welcome to bring your own sewing machine for help or use one that will be provided. Limit of 5.

**Instructor:** Eileen Gaede

Mon, Sept 12, 19 10 am-12 pm  
1726-F22 2 sessions - \$3

## Sewing Club

Sewing to Repair - Sewing to Quilt - Sewing to Create Art. All reasons and aptitudes are welcome to join. We are establishing a meeting spot for those who seek comradery while threading a needle. Minimum 6 people required.

**Instructor:** Eileen Gaede

Mon, Sept 26-Oct 31 10-11:30 am  
1726-F22 6 sessions - \$6

## Watercolor Painting Introduction

This is an introductory class for those who are new to watercolor painting and is a prerequisite for Watercolor I and Watercolor II. Explore materials and basic watercolor techniques, as well as color theory and color mixing. Supplies may be purchased from the instructor at class for \$45.

**Instructor:** Linda Stout

Mon, Sept 12-26 1-3 pm  
1491-F22 Sept 3 sessions - \$50  
Mon, Nov 7-28 1-3 pm  
1491-F22 Nov 4 sessions - \$66

## Watercolor I

Learn and improve your watercolor skills by creating beautiful paintings. Have fun being creative while experimenting with different styles of painting. Bring your own supplies. Pre-registration required. Prerequisite: Introduction to Watercolor, or instructor consent.

**Instructor:** Linda Stout

Tuesdays 1-3 pm 1302-F22  
Sept 6-27 4 sessions - \$66  
Oct 4-25 4 sessions - \$66  
Nov 1-29 5 sessions - \$83  
Dec 6-20 3 sessions - \$50

## Watercolor II

Apply existing skills and learn more about techniques, color theory, and more. Emphasis will be on the elements and principles of art and design as you create your own painting. Bring your own supplies. Prerequisite: Introduction to Watercolor I, or instructor consent.

**Instructor:** Linda Stout

Wednesdays 1-3 pm 1191-F22  
Sept 7-28 4 sessions - \$66  
Oct 5-26 4 sessions - \$66  
Nov 2-30 5 sessions - \$83  
Dec 7-21 3 sessions - \$50



### Paint Like the Masters

Using acrylic paint in the style of one of the masters, create your own version of a landscape, still life, floral, portrait, etc. Subjects and artists are to be determined. A list of supplies to bring from home will be provided. An additional supply fee of \$30 is due at class.

**Instructor:** Linda Stout

Mon, Oct 3-31	1-3 pm
1491-F22 Oct	5 sessions - \$83
Mon, Dec 5-19	1-3 pm
1491-F22 Dec	3 sessions - \$50

### Knitting Group

Bring your knitting, crocheting or other hobbies while socializing and learning from each other. This is a non-instruction peer group.

Mondays	1-3 pm
1600-F22	\$15 Sept-Dec

### Colored Pencils Bathing

In this technology-isolating world, we need a place to let out our inner artist by indulging our senses and connecting with others with common interests. Bring your favorite pencils, art supplies, and projects to work on; or use the supplies provided. An activity, from a line drawing for painting to trying other mediums such as painting with acrylics will be provided, along with soothing music and friendly welcoming members.

**Facilitator:** JoAnn Ellingboe

First and Third Wednesdays	1-3 pm
1595-F22	\$15 Sept-Dec

### Open Watercolor Painting

Join other artists and enjoy music and camaraderie. There is no instructor for this group, so paint what inspires you. Bring your own supplies.

**Facilitator:** Art Thell

Tuesdays	9:30-11:30 am
1602-F22	\$15 Sept-Dec

### Crafting for a Cause

Create simple notes of cheer and kindness in a social setting with other volunteers. These notes will be included within Meals on Wheels™ bags delivered to our neighbors to brighten their day. Supplies are provided.

**Facilitator:** Pat Marshall

Second Tuesdays	12-1 pm
1598-F22	Free



### Penny Bingo

This is a fun, easy five-card game. When your card matches the dealers, place it in the center. When your cards are gone, yell "Bingo!" Don't forget your pennies.

**Facilitator:** Marion Christner

Fourth Tuesday	1-3 pm
1644-F22	\$10 annually

### Mah Jongg

Similar to the card game rummy, this game employs skill, strategy, and luck. It is played with a set of 144 tiles based on Chinese characters and symbols. Call if you want to learn to play.

Thursdays	1-3:45 pm
1613-F22	\$15 Sept-Dec

### Train Dominoes

Train Dominoes is a game that goes by many different names: Pai Gow, Longana, Dominó Cubano or Mexican Train. At TPAC, we'll refer to it as Train Dominoes. If you are a fan of Dominoes, or have heard good things about this game, come try it out. Sept 28 will be a free explanation and trail to see if you're interested. Minimum of 8 required.

Wed, Sept 28	9:15-10:15 am
1735-F22	1 session - Free Intro Class
Wed, Oct 5-Dec 14	9:15-11 am
1735-F22 Class	11 sessions - \$11



## Fall Prevention Tips

Preventing falls and building core strength is essential as we age. Our presenter will go through some strategies and exercises you can use to help ward off a serious fall.

**Instructors:** *Chiropractic Staff*

Wed, Nov 2 9:30-11 am  
1733-F22 1 session - \$3



## Mindfulness & Meditation for Better Health

Join Tara Burns as she introduces you to the benefits of mindful and meditation practices to help with stress, depression, anxiety, pain, boosting emotional well-being, and finding peace in everyday life. The class will practice using mindfulness and meditation techniques to help focus the mind on a particular thought, object, activity, or the breath. Don't worry about sitting cross legged, our practice will be utilizing a chair or walking. On nice days the class may also take place outside. This is a beginner's class, all skill levels are welcome.

**Instructor:** *Tara Burns, MA*

Thur, Oct 27-Dec 8 9-10 am  
1692-F22 6 sessions - \$30

## Slower Pace Fall Stroll at TPAC

Thompson Park is a beautiful place to exercise, build stamina, rehab and commune with nature. Fall stroll participants may choose to stay on the pavement and stroll around the pond (about a 15 minute walk) once or twice, or try the dirt and asphalt trails through the woods (25 minutes). At the end of each stroll, participants are welcome to hydrate and hang out around the picnic tables. Arrive by 9 am on the back patio area of TPAC.

**Instructor:** *TPAC Staff*

Mon, Sept 12-Oct 31 9-9:45 am  
1572-F22 8 sessions - Free

## Line Dancing

Dance to a variety of music genres. It's fun, good for the soul, and no partner is needed!

**Instructor:** *Margaret Christians*

Thursdays, Sept 22-Dec 15 9-10 am  
1615-F22 \$15  
No class Oct 20, Nov 24

## Fall Bocce Ball

Playing Bocce Ball is a fun, friendly, competitive game of skill with its own set of health benefits. The rules are simple. The objective is to get your bocce balls to land and rest closer to the pallino (smaller white ball) than your opponents. Games are self-directed following an initial introduction by TPAC staff. Participants will assemble in the back of TPAC around the patio.

**Instructor:** *TPAC Staff*

Mon, Sept 12-Oct 31 9:30-10:30 am  
1596-F22 8 sessions - \$7

## Fitness and Balance for Life

This fitness class includes low-impact exercises focused on range of motion, strength, balance, and coordination. The following equipment will be used: a chair, exercise bands, light hand weights, and small exercise balls. You may bring your own equipment if preferred.

**Instructor:** *Naomi Marzinske*

Thur, Sept 1-Oct 27 10:15-11:15 am  
1317-F22 Sept/Oct 8 sessions - \$56  
No class Oct 20

Thur, Nov 3-Dec 15 10:15-11:15 am  
1317-F22 Nov/Dec 6 sessions - \$42  
No class Nov 24

## Caregiver Support Group

Caregivers come together with trained facilitators to learn about topics relevant to caregivers. Registration deadline is one week prior to class. Sponsored by Darts

Second Wednesdays 1-2:30 pm  
1597-F22 Free

## 3X3 Fitness

These exercises are chair-based and low-impact. Modifications are available if you want more intensity. Follow along with the 3x3 workout DVD, using resistance bands or rings. If you love it, you may decide to purchase your own set of rings.

**Facilitator:** *Barb Erickson*

Tues/Thur, Sept-Dec 9:15-10 am  
1635-F22 \$15

## Wednesday Walkers

"Walk, talk, and gawk." Exercise, socialize, and visualize. Combine the fitness of walking with nature and comradery. Meet at the TPAC building and drive to the selected walking destination. You won't be bored with the same old walking destination anymore.

**Facilitator:** *Adina Overbee*

Wednesdays, ends Oct 26 9 am  
1610-F22 \$15 per season

## Beginning Line Dancing

New to line dancing? This class is for beginners interested in learning line dance to a variety of music genres.

**Instructor:** *Margaret Christians*

Wednesdays, Sept 21-Dec 14 9-10 am  
1732-F22 \$15  
No class Oct 18, Nov 23



## Driver Safety Courses

The Driver Discount Program is a state approved accident prevention/insurance discount course. Persons aged 55 and older who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. Pre-registration is required. Instructors are certified by the Minnesota Highway Safety & Research Center. By utilizing the most up-to-date research in the field, participants will be provided the latest information in regards to driver and traffic safety, new laws, and vehicle technology. This class has something for everyone!

To register, call toll free 1-(888)-234-1294 or visit [www.driverdiscountprogram.com](http://www.driverdiscountprogram.com).

PRE-REGISTRATION IS REQUIRED.

### Central Square Community Center

Initial Eight Hour Course - \$28

Wed/Thur, Oct 19 & 20 9 am-1 pm

Wed/Thur, Feb 15 & 16 9 am-1 pm

Four Hour Refresher Course - \$24

Thur, Sept 15 9 am-1 pm

Thur, Nov 17 9 am-1 pm

Thur, Dec 15 9 am-1 pm

Thur, Jan 19 9 am-1 pm

### Veterans Memorial Community Center

Eight Hour Initial Course at VMCC - \$28

Tues/Wed, Oct. 4 & 5 5:30-9:30 pm

Four Hour Refresher Course at IGH-VMCC - \$24

Tues, Sept 13 1-5 pm

Wed, Sept 21 5:30-9:30 pm

Tues, Oct 4 1-5 pm

Wed, Oct 12 5:30-9:30 pm

Tues, Nov 1 1-5 pm

Wed, Nov 16 5:30-9:30 pm

Tues, Dec 6 1-5 pm

### Thompson Park Activity Center

Eight Hour Initial Course at TPAC - \$28

Wed/Thur, Oct 26 & 27 12-4 pm

Four Hour Refresher Course at TPAC - \$24

Thur, Sept 1 12-4 pm

Thur, Sept 15 12-4 pm

Thur, Oct 6 12-4 pm

Thur, Oct 13 12-4 pm

Thur, Nov 3 12-4 pm

Thur, Nov 17 12-4 pm

Thur, Dec 1 12-4 pm

Thur, Dec 15 12-4 pm

Persons age 55 and older who complete the course qualify for an approximate 10% discount on their auto insurance premiums for three years, according to Minnesota law. First time participants must complete the initial eight hours of training and a four hour refresher class every three years to maintain the 10% discount.

## Trips & Tours Registration

*NOTE: Where you register is where you board the bus.*

### South St. Paul

**Central Square Community Center**  
100 Seventh Ave. N.  
South St. Paul, MN 55075  
651-306-3632

### Inver Grove Heights

**IGH Veterans Memorial Community Center**  
8055 Barbara Ave.  
Inver Grove Hts, MN 55077  
651-450-2585

### West St. Paul

**Thompson Park Activity Center (TPAC)**  
1200 Stassen Lane  
West St. Paul, MN 55118  
651-403-8300

- Please arrive and check in 15 minutes before scheduled trip departure.
- A \$10 service fee will be charged if you cancel a trip.
- No refunds will be issued after the trip registration deadline.
- Trips will fill when maximum numbers are reached or at registration deadline.
- All trips are subject to change until the itinerary is posted.

*Please note that mailed registrations may not be guaranteed. Please call to check availability on a trip before mailing in your registration.*



### Osceola Train

Board the restored historical train at the Osceola & St. Croix Valley Railway. Enjoy a colorful trip back in time as you return to 1948, riding on a vintage train from Osceola to Marine on St. Croix. Travel high on the bluffs above the St. Croix River with scenic views of woodlands and wildlife and cross the river on a swing bridge once opened to let the steamboats pass through. On the way home, stop at Pine Tree Apple Orchard to complete a perfect fall excursion. Enjoy an onboard box lunch of a turkey/tomato/lettuce sandwich with chips, cookie and beverage.

Thur, Oct 13 \$92 includes transportation/train ride/lunch  
Register by Fri, Sept 9

Location	Departure	Return	Registration
IGH	9:15 am	3:15 pm	Call 651-450-2585
SSP	9:30 am	3 pm	1703-SSP-W22
TPAC	9:45 am	2:45 pm	1703-WSP-W22

### The Church Basement Ladies

Arrive at the Ames Center in Burnsville and have a formal lunch in the atrium. Menu: Salisbury steak in gravy, au gratin potatoes, roasted California blend vegetables, soft roll & whipped butter, side salad and baked cookie. After lunch participants will be seated in the Black Box Theater for another Church Basement Ladies performance! The year is 1975 and all your favorite characters are back. Come along as the ladies don their polyester and sing, dance and laugh their way through this touching new musical "Plowin' Thru"

Tues, Nov 15 \$93 includes transportation/lunch and show  
Register by Fri, Oct 14

Location	Departure	Return	Registration
IGH	11 am	3:30 pm	Call 651-450-2585
SSP	10:45 am	3:45 pm	1644-SSP-F22
TPAC	10:30 am	4 pm	1736-WSP-F22

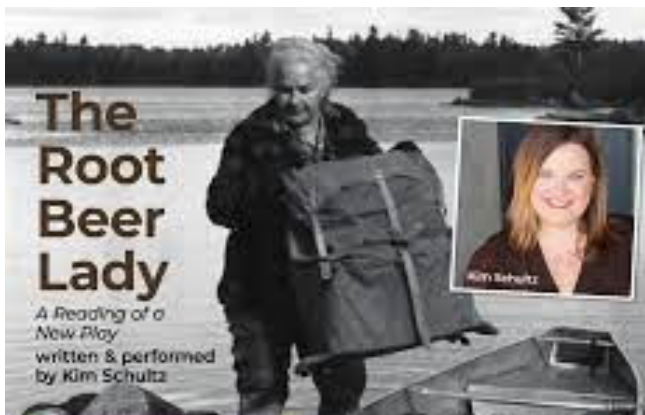


### Octagon Victorian Christmas

Start the morning out riding in the comfort of a coach bus to Lake Elmo Inn for lunch. Offering a tradition of elegance for three decades, your lunch will include a chicken entree, salad, bread, vegetable, beverage, and mini dessert. We'll continue on to our destination of the Octagon House, shining with traditional Victorian Christmas decorations. The house was built for Judge John Shaw Moffat and his wife and is a fine example of the novel 8-sided dwelling popular in America in the mid-1800s. Enjoy a guided tour of the Victorian-era Octagon House Museum complex, including the graciously restored house with Victorian era furnishings and the carriage house. *Note: The tour includes the second floor. There is no elevator. Guests who cannot climb the flight of stairs may remain on the first floor.*

Tues, Dec 6 \$95 includes lunch/tour/transportation  
Register by Fri, Nov 4

Location	Departure	Return	Registration
TPAC	10:30 am	3 pm	1705-WSP-F22
SSP	10:15 am	3:15 pm	1633-SSP-F22
IGH	10 am	3:30 pm	Call 651-450-2585



### The Root Beer Lady at MN History Theater

The MN History Theater in St Paul presents, *The Root Beer Lady*, written and performed by Kim Schutz and directed by Laurie Flanigan Hegge. It is the story of the indomitable Dorothy Molter, the last legal non-indigenous resident of the Boundary Waters. Her solo performance reflects on the beauty and hardships of Molter's solitary yet satisfying life and pushes back against the premise that her time in the North Woods made her the "Loneliest Woman in America," as the Saturday Evening Post claimed in 1952. Funny. Smart. Passionate. Dorothy Molter's story will delight all, young and old. Kéy's Café for lunch (included) Menu: Luncheon Portion Turkey Dinner, Mashed Potatoes and Gravy, Stuffing, Vegetable, Cranberries, Bread, Butter, Beverage and Dessert.

Thur, Feb 9 \$95.00 includes transportation/lunch/show  
Register by Fri, Dec 30

Location	Departure	Return	Registration
TPAC	9:00am	3:00 pm	1623-WSP-W23
SSP	8:45 am	3:15 pm	1623-SSP-W23
IGH	8:30 am	3:30 pm	Call 651-450-2585



### Once Upon a Mattress at the Old Log Theater

Many moons ago in a far-off place, Queen Aggravain decreed no couples could marry until her son, Prince Dauntless, found a bride. Princesses came from far and wide to win the hand of the prince, but none could pass the impossible tests given to them by the Queen. That is, until the "shy" swamp princess, Winnifred the Woebegone, showed up. Would she be able to pass the Sensitivity Test, marry her prince and help Lady Larkin and Sir Harry to the altar?

This spin on the classic tale *The Princess and the Pea* provides some side-splitting shenanigans.

Lunch: Bone In short ribs with mashed potatoes, green beans, or chicken breast with roasted potatoes, green beans and a sherry cream sauce, or vegetarian pasta made with house marinara and fresh vegetables. All include rolls, coffee, tea and dessert.

Thur, Jan 12 \$94 includes transportation/lunch/show  
Register by Fri, Dec 9

Location	Departure	Return	Registration
TPAC	10:15 am	5:00 pm	1622-WSP-W23
SSP	10:30 am	4:45 pm	1622-SSP-W23
IGH	10:45 am	4:30 pm	Call 651-450-2585

**99% of surveyed participants state that Community Education classes are a good value for the price, and they would recommend to a friend.**

# FAMILY PROGRAMS

## Caponi Art Presents: Seed Mosaics

Every year the Minnesota State Fair showcases seed mosaics created by artists from all over the state. In our seed mosaic workshop, you will continue this great tradition by learning about the history and techniques of mosaic art, then create your own design. Once completed, families will share their designs with others in the group. Appropriate for ages 5 to adults.

**Instructor:** Erin Stahl

Mon, Sept 12	6-7:30 pm
5900-F22	1 Session - \$20 per parent and
Simley HS, IGH	1 child, \$5 each additional child



## Knot Know-How

In this fun session, you will learn basic knot skills to build temporary shelters out of tarps, ropes, and stakes. Kids can learn fun skills to build forts in their yards and parks. Adults can learn practical skills on building a shelter to keep rain and sun off their families. This class is appropriate for ages 8+. Adults must attend with children.

**Instructor:** Natalie Broshar

Sat, Oct 1	9:30-11:30 am
6901-F22	1 Session-\$10 per family (of up to 4)
Thompson County Park North Shelter, WSP	

## Kite Making Workshop

TriDistrict is partnering with "The Kite Man" Dave Herzig, a known kite connoisseur and a board member of the Minnesota Kite Society for nearly 30 years. Make your own kite, then fly it outside. All materials will be provided for families to design their own kites using available patterns.

**Instructor:** Dave Herzig

Tues, Sept 13	5-7 pm
6900-F22	1 Kite - \$25, 2 Kites - \$48
Two Rivers HS Lower Field, MH	3 Kites - \$71, 4 Kites - \$94

## Movie in the Park at Two Rivers High School

TriDistrict Community Education, the City of West St Paul, and the City of Mendota Heights are proud to bring back Movie in the Park at Two Rivers High School. Bring a lawn chair or a blanket and get ready to enjoy a family-friendly movie underneath the stars. This activity is weather dependent and is subject to change without notice. All children under the age of 10 must be accompanied by an adult. Pre-registration is not required.

**Instructor:** Local Community Ed/Parks & Rec Staff

Sat, Sept 17	7:30-9:45 pm
8903-F22	1 Session - Free
Two Rivers HS Lower Field, MH	

## Thompson Park Scavenger Hunt

Advance your outdoor skills by learning to use a map and compass together with your family. Then, test your skills on a s'more scavenger hunt at Thompson Park. Upon your return, families will cook up their s'mores. Ages 6+. Adults must attend with children.

**Instructor:** Natalie Broshar

Sat, Oct 1	1-3 pm
6902-F22	1 Session-\$10 per family (of up to 4)
Thompson County Park North Shelter, WSP	

## Parent Child Ninja Class

Family Ninja Classes are for anyone 5 or older. This parent child class is designed for both parents and kids to get moving and have fun together. You and your ninja will work together to learn how to tackle ninja obstacles, problem-solve courses, and build self-esteem! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! If you are looking for something different to do with your child and want to try a unique way to be active, come check this class out! All fitness levels welcome! All classes are coached by an experienced Ninja Trainer. Address: 707 Commerce St. Ste 120, Woodbury, MN 55125

Sun, Sept 11-Oct 30	9-10 am
7999-F22A	8 sessions - \$225
Conquer Ninja Gym	
Tues, Nov 6-Dec 11	7:30-8:30 pm
7999-F22B	6 sessions - \$165
Conquer Ninja Gym	



# FAMILY PROGRAMS

## Handmade Tortellini Pasta Made Easy

Have fun participating in this virtual cook-along class as you dive into the world of handmade pasta. Follow along step-by-step, with the instructor as she guides you through the simple pleasure of creating homemade pasta with the simplest of ingredients. Questions are encouraged during class. Participants will receive a list of ingredients in advance to create the cheese tortellini with sausage in alfredo sauce, and fresh Italian bread. If children are participating, adult supervision is required.

**Instructor:** Tess Georgakopoulos

Sat, Oct 8 4-6 pm  
8900-F22 1 Session - \$35 per family

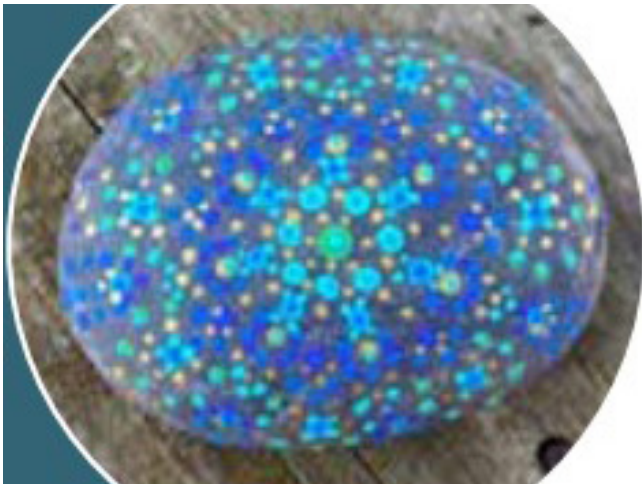


## Caponi Art Presents: Nature Journals-Basic Bookmaking

Engage with the natural world through the art of journaling. By observing and learning from their experiences with nature, families will receive expert tips about journaling outdoors. Families will end this class with an exquisite journal to pack for any nature adventure. Appropriate for ages 8+.

**Instructor:** Erin Stahl

Wed, Oct 19 6-7:30 pm  
7901-F22 1 Session - \$20 per parent and  
Central Square, SSP 1 child, \$5 each additional child



## Caponi Art Presents: Mandala Rock Art

Keep calm and relax while learning the art of painting mandala rocks. In this workshop, families will learn the history and meaning behind mandala art, and apply that knowledge to their own mandala rock art. Enjoy this serene workshop and share your newly-discovered art form with others. Appropriate for ages 8+.

**Instructor:** Erin Stahl

Wed, Dec 7 6-7:30 pm  
7900-F22 1 Session - \$20 per parent and  
Central Square, SSP 1 child, \$5 each additional child

## Stargazing

An evening of stargazing and astronomical education with Minnesota Astronomical Society.

**Instructor:** MN Astronomical Society.

Mon, Oct 3 7-8:30 pm  
8904-F22 1 Session - Free  
Harmon Park, WSP Registration required



## Gingerbread House Bake & Build

Start a new holiday family tradition and create a show-stopping edible work of art. You will be given a list of ingredients in advance, along with a printable gingerbread pattern template. Equipment needs: large sheet pan, parchment paper/non-stick baking mat, rolling pin, and mixer. If children are participating, adult supervision is required. Class will meet via Zoom.

**Instructor:** Tess Georgakopoulos

Fri, Dec 16 6-8 pm  
8901-F22 1 Session - \$35 per family



## Tour de Rec

Tour de Rec is a traveling program that brings recreation to local neighborhood parks and facilities. Staff will set up activities and equipment for youth to enjoy. There will be games, sports, arts, crafts and more! Stay tuned for the school year schedule.

**Instructor:** Local Community Ed/Parks & Rec Staff

Second Thursdays Oct-May 6-7 pm  
8902-F22 4 Sessions - Free  
Locations in WSP and MH



## Drivers Education Programs

TriDistrict Community Education, in partnership with A+ Driving School, offers a comprehensive Drivers Education Program. The program exceeds standard requirements by the state of Minnesota. Our course includes defensive driving techniques and hands-on, dynamic curriculum taught by experienced, certified instructors. There are 30 hours of classroom instruction, followed by six hours of Behind the Wheel instruction.



### Simley High School

Mon-Fri	Oct 3-14	3:45-6:45 pm
3300-F22A		10 sessions - \$395
Mon-Fri	Nov 8-Dec 21	3:45-6:45 pm
3300-F22B		10 sessions - \$395

### South St. Paul High School

Mon-Fri	Oct 24-Nov 4	2:45-5:45 pm
4300-F22A		10 Sessions - \$395
Mon-Fri	Dec 8-21	2:45-5:45 pm
4300-F22B		10 Sessions - \$395

### Two Rivers High School

Mon-Fri	Sept 12-23	3:15-6:15 pm
7302-F22A		10 Sessions - \$395
Mon-Fri	Nov 21-Dec 7	3:15-6:15 pm
7302-F22B		10 Sessions - \$395
No class Nov 23-25		

Please check our registration site for additional classes and virtual classes: [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com).

## ACT Prep Class

This class provides an introduction to the ACT format, strategies for answering questions and instruction for the specific subject areas tested. Focal points of the program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, and anxiety and time management. Students who complete a course may repeat the course as often as they wish, free of charge.

For more information, call 612-222-5108 or visit [www.advantageprep.net](http://www.advantageprep.net).

Tues, Aug 2-23	5:45-8:45 pm
4301-S22#131	4 sessions - \$150
Central Square, SSP	
Wed, Sept 21-Oct 12	5:45-8:45 pm
7300-F22#245	4 sessions - \$150
Two Rivers HS, MH	
Wed, Sept 22-Oct 13	5:45-8:45 pm
3300-F22A#255	4 sessions - \$150
Simley HS, IGH	
Wed, Nov 2-30	5:45-8:45 pm
7300-F22#341	4 sessions - \$150
Two Rivers HS, MH	
Mon, Nov 7-28	5:45-8:45 pm
3300-F22#323	4 sessions - \$150
Simley HS, IGH	
Tues, Nov 1-Dec 6	5:45-8:45 pm
4301-F22#131	4 sessions - \$150
Central Square, SSP	

## Virtual ACT Prep Class

Prepare for the ACT online with a live instructor. This is an excellent alternative if you prefer the interaction with the instructor but cannot attend an in person class. This course is the same as the In-School ACT Prep Course, but from the comfort of your own home. An internet connection and a computer/tablet/smartphone is required.

Sat, Aug 6-27	9 am-12 pm
S22#912	4 sessions - \$150
Sat, Sept 24-Oct 15	9 am-12 pm
F22#913	4 sessions - \$150
Sat, Nov 5-Dec 3	9 am-12 pm
F22#914	4 sessions - \$150
No class Nov 26	



## Online ACT Prep Class

This course is an excellent alternative for any student unable to attend in-school class or for a student preferring to prepare for the ACT exam on their own, and study at their desired pace. You may repeat this course at no charge until you graduate from high school.

Self Paced	Anytime
F22#777	\$60



## Gymnastics - Tumble Together

-- 18 months-4 years old + adult --

Discover gymnastics while learning to hang, swing, roll, jump, and balance. Tumble together is an interactive class where adult-child pairs explore different equipment throughout the gym with the guidance of coaches.

4000-F22A	Tues, Sept 6-Oct 18	3:30-4 pm	\$48
4000-F22B	Sat, Sept 10-Oct 15	9-9:30 am	\$41
4000-F22C	Sat, Sept 10-Oct 15	9:30-10 am	\$41
4000-F22D	Sat, Nov 5-Dec 17	9-9:30 am	\$41
	No Class Nov 26		
4000-F22E	Sat, Nov 5-Dec 17	9:30-10 am	\$41
	No Class Nov 26		

## Gymnastics - Tumble Bees

-- 3-4 years old --

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnasts must be potty trained and comfortable without parents in the gym.

4001-F22A	Tues, Sept 6-Oct 18	4:15-5 pm	\$61
4001-F22B	Thur, Sept 8-Oct 13	3:30-4:15 pm	\$53
4001-F22C	Sat, Sept 10-Oct 15	10:15-11 am	\$53
4001-F22D	Tues, Nov 1-Dec 13	5:30-6:15 pm	\$53
	No Class Nov 22		
4001-F22E	Sat, Nov 5-Dec 17	10:15-11 am	\$53
	No Class Nov 26		



## Gymnastics - Flips

-- Coach Approval--

Grow and develop as a gymnast as you continue to practice advanced skills. This class requires basic gymnastics knowledge and capability. Proficiency in skills such as round-offs and walkovers on floor, along with hip circles and pullovers on bars is required. Gymnast must possess basic strength and flexibility.

4004-F22A	Tues, Sept 6-Oct 18	7-8:15 pm	\$63
4004-F22B	Tues, Nov 1-Dec 13	6:30-7:45 pm	\$54
	No Class Nov 22		

2nd day option for those currently enrolled in the Tuesday class.

4004-F22C	Sat, Nov 5-Dec 17	1-2:15 pm	\$54
	No Class Nov 26		

## Gymnastics - Beginners

-- 4-14 years old --

Introduction class where participants learn basic gymnastics positions, movements, and vocabulary. Gymnasts will engage in activities that develop body awareness and coordination. Gymnasts must be potty trained and comfortable without parents in the gym.

4002-F22A	Tues, Sept 6-Oct 18	5-6 pm	\$61
4002-F22B	Tues, Sept 6-Oct 18	6-7 pm	\$61
4002-F22C	Thur, Sept 8-Oct 13	4:30-5:30 pm	\$53
4002-F22D	Thur, Sept 8-Oct 13	5:30-6:30 pm	\$53
4002-F22E	Sat, Sept 10-Oct 15	11 am-12 pm	\$53
4002-F22F	Sat, Sept 10-Oct 15	12-1 pm	\$53
4002-F22G	Tues, Nov 1-Dec 13	6:15-7:15 pm	\$53
	No Class Nov 22		
4002-F22H	Thur, Nov 3-Dec 15	5:30-6:30 pm	\$44
	No Class Nov 17 & 24		
4002-F22I	Sat, Nov 5-Dec 17	11 am-12 pm	\$53
	No Class Nov 26		
4002-F22J	Sat, Nov 5-Dec 17	12-1 pm	\$53
	No Class Nov 26		



## Gymnastics - Advanced Beginners

-- Coach Approval --

Continue to grow and develop as a gymnast as you begin to practice more advanced skills. This class requires basic gymnastics knowledge and capability. Proficiency in skills such as rolls, cartwheels, and handstands required, along with basic strength and flexibility.

4003-F22A	Tues, Sept 6-Oct 18	7-8 pm	\$61
4003-F22B	Thur, Sept 8-Oct 13	6:30-7:30 pm	\$53
4003-F22C	Sat, Sept 10-Oct 15	1-2 pm	\$53
4003-F22D	Tues, Nov 1-Dec 13	7:15-8:15 pm	\$53
	No Class Nov 22		
4003-F22E	Thur, Nov 3-Dec 15	6:30-7:30 pm	\$44
	No Class Nov 17 & 24		
4003-F22F	Sat, Nov 5-Dec 17	1-2 pm	\$53
	No Class Nov 26		



## Allegro Choir Offerings (Grades 2-6)

We encourage families to commit to the entire year, but Listed below is the First trimester. We provide performance attire, music, water bottle, cinch sack and a T-shirt the kids can keep. First and third concerts are more typical "choir concerts," while the middle concert is themed, features a bit more pop/musical theatre music, and features solos and small groups in addition to the full choirs. There will be a concert Thur, Nov 17th at 7 pm.

**Instructor: Allegro Choir**

Grades 1 & 2	
Thur, Sept 15-Nov 17	6:20-7:20 pm
4502-F22C	1st trimester - \$140
Eastview HS, Apple Valley	
Grades 3 & 4	
Thur, Sept 15-Nov 17	6:20-7:45 pm
4503-F22C	1st trimester - \$160
Eastview HS, Apple Valley	
Grades 5 & 6	
Thur, Sept 15-Nov 17	6:20-8 pm
4504-F22C	1st trimester - \$173
Eastview HS, Apple Valley	

## Encanto with Kidcreate Studio (5-12 years)

Can't stop singing We Don't Talk About Bruno?? We can't either!! Come join Mirabel, Isabella, Antonio and the rest of the Madrigals as we create magical projects inspired by the hit Disney movie Encanto. We'll use glitter, clay, paint and more as we create clay butterflies, magical bedroom doors, Colombian rainforest creatures, and so much more. This is your chance to be part of the Family Madrigal!

**Instructor: Kidcreate Studio**

Sat, Sept 10-Oct 1	11 am-12 pm
4449-F22	4 sessions - \$69
Central Square, SSP	

## Rubik's (Grades 6-8)

How'd you solve that so fast? Come learn and unlock the secrets of speedcubing. All participants are provided with cubes, beginner, intermediate, or advanced materials/instruction to learn the methods of various twisty puzzles. Participants will have the opportunity to play cubing games, build/ design their own DIY cubes, make mosaics, try out bluetooth cubes, and have access to official competitions and equipment. The course is hosted by a real World Cube Association speedcuber/Rubik's ambassador who's attended over 40 competitions including nationals.

Thur, Sept 22-Nov 3	2:30-3:30 pm
4450-F22	6 sessions - \$79
Central Square, SSP	
No Class Oct 20	

## Conquer Ninja Rec Team (8-13 years)

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Ninja is one of the fastest growing sports today! Not only is it the fastest growing sport, but it is the fastest growing cross- training sport as well. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve. Our Conquer Rec Team is designed for youth, ages 8-13 of all experience levels. Our Rec Team will practice on real obstacles inspired by the tv show such as warped walls, salmon ladders, tilting ladders and so much more. Rec Team members will learn the styles and techniques to develop their Ninja Skills with over 40 different obstacles! The Rec Team will have 6 practices and 2 competitions (week 4 and week 8).

Fri, Sept 9-Oct 28	6:15-7:15 pm
4995-F22A	8 sessions - \$175
Conquer Ninja Gym, 707 Commerce St, Woodbury	
Fri, Nov 4-Dec 16	6:15-7:15 pm
4995-F22B	6 sessions - \$130
Conquer Ninja Gym, 707 Commerce St, Woodbury	
No Class Nov 25	

## Squishy Squishmallows with Kidcreate Studio (4-9 years)

Bunnycorn, Prince the Pug, Mauve the Alpaca and more – the hardest thing about those squishy Squishmallows is deciding which one you love the most! In this workshop, artists will create a clay version of their favorite Squishmallow using air-dry clay, paint, and so much more. What could be more fun? Bring your Squishmallow to class so they can join in the fun! Please pack a nut free snack and drink for your child.

**Instructor: Kidcreate Studio**

Sat, Sept 24	9 am-12 pm
4441-F22	1 session - \$49
Central Square, SSP	



## School of Fish (Grades 6-12)

Learn to fish from pro angler and fishing TV show host Mike Frisch. Students learn about lakes, finding fish in those lakes, and some great ways to catch them. They also learn to tie a fishing knot and rig and use a slip-bobber setup. Class cost is free for SSP Students. This class is made possible because of the SSP Educational Foundation. For that, kids get: Rod & Reel, T-shirt, Tackle box and tackle, and a School of Fish full color workbook. One adult is invited to attend with a child at no additional charge, provided they share one equipment packet. Graduates leave class with the knowledge, skills, and equipment to go fishing!

Visit [www.fishingthemidwest.com](http://www.fishingthemidwest.com) and hover/click the School of Fish icon at the top to learn more!

Thur, Sept 29 2:45-5:30 pm  
4834-F22 1 session - free to SSP Students  
Central Square, SSP

## Code Championship Tournament Series & Virtual Computer Coding Competition (Grades 3-9)

Build a computer bot to play head-to-head against other coders! Whether this is your first Code Championship event, or if you've been competing for years, this is the perfect way to explore the competitive coding world of Code Championship. No previous coding experience necessary. The Fall 2023 Code Championship Series consists of six tournaments in six weeks (it's ok to miss one or two). These tournaments will be hosted online using Google Meet and the Code Championship website. If you have a modern browser like Chrome or Firefox, no additional download is required. Participants must know how to navigate the internet (basic typing and mouse control). The link to the Google Meet event will be emailed two days before the tournament.

**Instructor:** Code Championship

Sat, Oct 8-Nov 12 9-11 am  
4166-F22 6 sessions - \$109  
Virtual Google Meet

## Nailed It! with Kidcreate Studio (5-12 years)

Calling all creative kids! This is the perfect camp to hone both your artistic side and your puzzle-solving skills. Just like on the popular TV show Nailed It!, we'll show you a final product and give you all the goods needed to recreate it. The rest is up to you! Your challenges will include creating a unicorn cake sculpture that looks good enough to eat, painting a fox at sunset, a llama with a flower crown, and so much more. We can't wait to see if you can nail it! This is Nailed It!, Kidcreate-style, so instead of baking, we'll be sculpting, painting, collaging, and more!

**Instructor:** Kidcreate Studio

Sat, Oct 8-29 11 am-12 pm  
4444-F22 4 sessions - \$69  
Central Square, SSP

## Party with a Sloth with Kidcreate Studio (4-9 years)

It's a sloth-eriffic soiree! If you love cute, cuddly, super-slow sloths, we've got the perfect class for you. Join us as we learn to paint an adorable sloth on a real canvas board. Please pack a nut free snack and drink for your child. Please pack a nut free snack and drink for your child.

**Instructor:** Kidcreate Studio

Fri, Oct 14 1-4 pm  
4442-F22 1 session - \$49  
Central Square, SSP



## Bonjour! with Kidcreate Studio (5-12 years)

What's more beautiful than the Eiffel Tower? Why, the Eiffel Tower at night, of course! In this workshop, artists will use a simple step by step process as they learn to draw the Eiffel Tower, then we'll add glow-in-the-dark paint so it lights up the Parisian night sky! Please pack a nut free snack and drink for your child.

**Instructor:** Kidcreate Studio

Thur, Oct 20 1-4 pm  
4445-F22 1 session - \$49  
Central Square, SSP

## Crafty Like a Fox with Kidcreate Studio (5-12 years)

In this workshop, artists will use air-dry clay, Model Magic clay, paint, and more as they sculpt a clever little fox. Please pack a nut free snack and drink for your child.

**Instructor:** Kidcreate Studio

Sat, Nov 12 9 am-12 pm  
4446-F22 1 session - \$49  
Central Square, SSP

## Roblox with Kidcreate Studio (5-12 years)

Calling all Robloxians! Take a step out of the virtual world and into the coolest art class ever! We'll create with clay, paint, and more as we sculpt a classic Roblox Noob. Whether you're a hardcore gamer or more of a Noob, this is the perfect class for you. Please pack a nut free snack and drink for your child.

**Instructor: Kidcreate Studio**

Sat, Nov 19 9 am-12 pm  
4448-F22 1 session - \$49  
Central Square, SSP

## The Grinch's BFF with Kidcreate Studio (4-9 years)

"If I can't find a reindeer, I'll make one instead!" Come learn to draw the Grinch's best friend Max from the beloved holiday story The Grinch. We'll even dress Max up like a reindeer, just like the Grinch himself did! Please pack a nut free snack and drink for your child.

**Instructor: Kidcreate Studio**

Sat, Dec 3 9 am-12 pm  
4443-F22 1 session - \$49  
Central Square, SSP

## Holiday Ornament Making Party with Kidcreate Studio (5-12 years)

Join us for an ornament making party. We will set up 4 stations, each with a different ornament to make. Your child will be creating an adorable snowman ornament, an ornament inspired by that famous reindeer with the red nose, and so much more! Please pack a nut free snack and drink for your child.

**Instructor: Kidcreate Studio**

Sat, Dec 10 9 am-12 pm  
4447-F22 1 session - \$49  
Central Square, SSP

## Simply Silly Stuff with Kidcreate Studio (4-9 years)

Get ready to go bananas with all the silly stuff you'll create in this camp! You're going to make some of the craziest art you could imagine. A messy monster made of mush. A cute 3D goldfish to bring home and keep you company in your room. And, have you ever made your very own pop-up art? Well now you will! This combination of wacky projects will teach you all sorts of simply silly stuff you never thought artistically possible! Please pack a nut free snack and drink for your child each day.

**Instructor: Kidcreate Studio**

Tue/Wed, Dec 27 & 28 9 am-12 pm  
4440-F22 2 sessions - \$89  
Central Square, SSP

## Conquer Ninja Winter Camp (8-13 years)

This winter break, give your child an American Ninja Warrior Experience! Young Ninjas develop strength and agility during this camp by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; everything you need to put your ninja skills to work! This camp transfers well into ninja levels testing or enhances other athletic performances. All camps are coached by an experienced Ninja Trainer.

Mon/Tues/Wed, Dec 26-29 9-11 am  
4997-F22 3 sessions - \$160  
Conquer Ninja Gym, 707 Commerce St, Woodbury



## Kung Fu

Kung Fu is the art of fitness and self defense. Learn practical Kung Fu techniques to benefit you throughout your life. This is a full participation and fun class for beginners to black belts, to strengthen the mind and body, promote leadership, discipline, concentration, coordination and balance. This program uses progressive skill building, to help you become more aware of self and surroundings, and improve your self-esteem and confidence. Optional uniform and certificate for white to black belt are available.

**Instructor: National Treasure Kung Fu, Inc. Director Al Lam**

Beginner  
Fri, Sept 30-Nov 18 6:15-6:45pm  
2784-F22A 7 sessions - \$95  
Heritage Middle School  
No Class Oct 21  
  
White-Purple  
Fri, Sept 30-Nov 18 6:50-7:20pm  
2785-F22A 7 sessions-\$95  
Heritage Middle School  
No Class Oct 21  
  
Red-Black  
Fri, Sept 30-Nov 18 7:25-7:55pm  
2786-F22A 7 sessions\$95  
Heritage Middle School  
No Class Oct 21

# SCHOOL AGE CARE

## DISTRICT 197 SCHOOL AGE CARE WEST ST PAUL - MENDOTA HEIGHTS - EAGAN



### Extra Innings School Age Care - Grades K-4

Quality child care provided by experienced, trained staff where children make activity choices based on their interests, spend time playing outside and are able to work on their homework.



### Encore SAC - Grades 5-8

Encore is an program that meets the unique needs of middle school students seeking independence while in a safe and caring

environment. Activities are varied based on interests of the students. The program is located the Noreen Activity Center.

### District 197 School Age Care

For more information, please call 651-403-8054. You can also visit our website by scanning this code:



#### Hours:

Monday-Friday: 6:30 am - start of school day

Monday-Friday: After school -6 pm

Non-School Days: 6:30am - 6pm

Summer Camp: 6:30 am - 6 p

#### Located in:

Garlough Environmental Magnet - Mendota Elementary

Moreland Arts & Health Sciences Magnet - Somerset Elementary

Pilot Knob STEM Magnet - Noreen Activity Center

## KIDS' CHOICE SCHOOL AGE CARE SOUTH ST. PAUL



### Kids' Choice 2022-23 Program

Kids' Choice is a before, after, and non-school day program offering a variety of activities. Flexible scheduling is available.



### South St. Paul Kids' Choice

For more information, please call 651-306-3631.

Visit us online at [www.sspps.org/schoolagecare](http://www.sspps.org/schoolagecare)

#### Located in:

Kaposia Education Center

Lincoln Center

#### Hours:

Monday-Friday

Mornings: 6:30 am until start of school day

Afternoons: After school until 6 pm

Non-School Days: 6:30 am-5:30 pm

Summer Hours: 6:30 am-5:30 pm

## SPARTAN KIDS' CARE INVER GROVE HEIGHTS SCHOOLS



### 2022-2023 School Year Care Offers

- Experienced, well-trained staff.
- Activities reflect various interests, talents, and values.
- Art, computers, outdoor time, science, service learning, homework assistance, physical activities, and more!

### Spartan Kids' Care

For more information, please call 651-306-7502.

Visit our website at [www.spartankidscare.org](http://www.spartankidscare.org)

#### Located in:

Hilltop

Pine Bend

Salem Hills

#### Hours:

AM Care: 6 am until start of the school day

PM Care: End of the school day until 6 pm

Non-School Days 6 am-6 pm



## Lap Swim at Central Square

Calendar with dates and times will be provided. Schedule and fees are subject to change. [www.sspps.org/centralsquare](http://www.sspps.org/centralsquare)

Punch Card 10 admissions \$35 adult (19-64 yrs)  
9012-F22A \$15 senior (65+)

Punch Card 30 admissions \$70 adult (19-64 yrs)  
9012-F22B \$30 senior (65+)

## Daily Rate

\$4 adult (19-64 yrs)  
\$2 senior (65+)

\*Free lap swim is available for senior center members (65+) during the following times:

Mon-Fri from 7:30 am-3 pm

Sat from 7:30-10:30 am

Schedule is subject to change.



## Aqua Interval

High energy, low impact water classes designed for all fitness levels. You will have fun as you are challenged with powerful, invigorating movements through the water. Participants must be 19 years of age or older.

**Instructor: Kim Befort**

Wed, Sept 7-Oct 26 6-7 pm  
9001-F22A 8 sessions - \$50 adult,  
Central Square, SSP \$20 senior (65+)  
Drop-in - \$8 adult, \$4 senior (65+)

Wed, Nov 2-Dec 28 6-7 pm  
9001-F22B 9 sessions - \$56.25 adult,  
Central Square, SSP \$22.50 senior (65+)  
Drop-in - \$8 adult, \$4 senior (65+)

## Aqua Fitness

A lower intensity class that incorporates cardiovascular training as well as water resistance to strengthen muscles and techniques to improve balance. Focused towards seniors 55+, but all are welcome to join!

**Instructor: Kim Befort**

Thur, Sept 1-Oct 27 10:30-11:30 am  
9800-F22A 9 sessions - \$56.25 adult,  
Central Square, SSP \$22.50 senior (65+)

Free for Silver Sneakers® members  
Drop-in - \$8 adult, \$4 senior (65+)

Fri, Sept 2-Oct 28 10:30-11:30 am  
9800-F22B 9 sessions - \$56.25 adult,  
Central Square, SSP \$22.50 senior (65+)  
Drop-in - \$8 adult, \$4 senior (65+)

Tues, Sept 6-Oct 25 10:30-11:30 am  
9800-F22C 8 sessions - \$50 adult,  
Central Square, SSP \$20 senior (65+)  
Free for Silver Sneakers® members  
Drop-in - \$8 adult, \$4 senior (65+)

Tues, Nov 1-Dec 27 10:30-11:30 am  
9800-F22D 9 sessions - \$56.25 adult,  
Central Square, SSP \$22.50 senior (65+)  
Free for Silver Sneakers® members  
Drop-in - \$8 adult, \$4 senior (65+)

Thur, Nov 3-Dec 29 10:30-11:30 am  
9800-F22E 8 sessions - \$50 adult,  
Central Square, SSP \$20 senior (65+)  
Drop-in - \$8 adult, \$4 senior (65+)

Fri, Nov 4-Dec 16 10:30-11:30 am  
9800-F22F 6 sessions - \$37.50 adult,  
Central Square, SSP \$15 senior (65+)  
Drop-in - \$8 adult, \$4 senior (65+)

## CENTRAL SQUARE POOL IS HIRING!



SCAN HERE TO APPLY

**Aquatics Instructors**  
**Lifeguards**  
**Water Safety Instructors**



## Deep Water Aerobics

This water aerobics class combines music and movement, using both the deep and shallow areas of the pool. It is designed to improve range of motion, flexibility, and strength of muscles. T.A.B.A.T.A. (high intensity physical training) sessions during class improves cardiovascular endurance. Exercises performed in the deep water utilize a waist flotation belt to suspend the participant, allowing optimal joint movement and preventing joint impact. \*You will need an aqua fitness flotation belt. These are available online and at sporting goods stores.

**Instructor: Mary Ellen DeCuffa**

Thur, Sept 15-Oct 6 11 am-12 pm  
6007-F22 4 Sessions - \$40  
District 197 Aquatic Center, MH



## Adult Lap Swim

Lap swim is open for anyone ages 18+ who can swim 50 yards continuously. This is a swim at your own pace, non instructional opportunity. Neighbors, friends and co-workers are all welcome, but registration is required and space is limited.

Wed, Sept 14-Oct 26 6-7:30 pm  
7197-F22B 7 Sessions - \$49  
District 197 Aquatic Center, MH

Thur, Sept 15-Oct 6 11 am-12:15 pm  
7197-F22A 4 Sessions - \$28  
District 197 Aquatic Center, MH



Scan this code to visit the School District 197 Aquatics Page for the most up-to-date Information.



**DISTRICT 197 AQUATIC CENTER  
WE'RE HIRING! JOIN OUR TEAM!**

**Lifeguards**  
\$15-\$19/hour based on experience

**Water Safety Instructors (WSI)**  
\$17-\$20/hour based on experience

**Flexible hours**  
**Great co-workers**

**Contact: [lisa.grathen@isd197.org](mailto:lisa.grathen@isd197.org)**





# EARLY LEARNING

*For families with children ages birth to PreK 5.*

## Early Childhood Family Education (ECFE)

Classes and Activities for You and Your Child

ECFE classes are designed to strengthen families and support children's healthy growth and development. We know parents are their child's first and most important teachers, and our staff will work with you to meet your parenting needs to build a great relationship for learning.

A typical ECFE class includes adult/child interaction time and separation in which parents join their discussion group and children remain in the early childhood classroom to explore with the staff. All teachers are licensed through the MN Dept of Education and have a variety of experiences. Most classes offer child care for siblings who are eight weeks through five years of age not enrolled in the class. Join us!

Have you registered your baby, toddler, or preschooler with your local School District Census?

Having your child's name on the census will ensure that you receive:

- All Early Childhood mailings
- Notification of Early Childhood Screening
- Registration information about Kindergarten
- You can help

If you have moved to or within the School Districts of Inver Grove Heights, South St. Paul, or West St. Paul-Mendota Heights-Eagan, changed your phone number, or had a new baby, you will need to update your census information:

Contact your local district:

Inver Grove Heights	651-306-7503
South St. Paul	651-457-9418
West St. Paul-Mendota Heights-Eagan	651-403-8390

## ECFE Home Visits

Our programs also support parents during pregnancy, early parenthood, and adoption. Experienced professionals in the area of child development are available for home visits.

Get information and tips on YOUR daily needs, as well as those of your baby. We will bring a welcome package, check your baby's weight, and provide information you may need on sleep, baby care and development, community resources, feeding, and infant cues. Call your district to schedule a visit

Inver Grove Heights	651-306-7503
ISD 197	651-403-8390
South St. Paul	651-457-9418

## Community Preschool

Each district offers an affordable preschool experience designed to support your child's development, and create a foundation for your child's future academic, emotional, and social success. Classes are offered mornings and afternoons, 2- 5 days a week, at multiple locations in each district. Financial assistance available.



## Early Childhood Screening

Calling all 3-year-olds!

Early Childhood Screening is a free and simple check of how your child is growing, developing, and learning. And gives families resources to prepare for school success.

Make an appointment today!

Screening at 3 is preferred, but a child may be screened between the ages of 3 and the start of kindergarten as required by law. Earlier is better.

### What to expect at a screening appointment

A trained professional will check:

- Vision and hearing
- Height and weight
- Immunizations (shots)
- Large and small muscles
- Thinking, language, and communication skills
- Social and emotional development

Call for information or to make a screening appointment:

Inver Grove Heights, District 199	651-306-7520
South St. Paul, District 6	651-288-6897
West St. Paul, Mendota Hts, Eagan, District 197	651-403-8363







### ISD 197 Early Learning Program Locations

#### Early Learning & Family Resource Center

1970 Christensen Ave, WSP  
651-403-8390

#### Moreland Arts & Health Sciences School

217 W Moreland Ave, WSP

#### Pilot Knob STEM Magnet School

1436 Lone Oak Road, Eagan

Visit [www.isd197.org/schools/early-childhood-education-2](http://www.isd197.org/schools/early-childhood-education-2) for more information.

### ISD 197 Early Childhood Family Education (ECFE)

Parent and child classes for ages birth to pre-kindergarten. ECFE offers a variety of age-specific classes in the mornings, afternoons and evenings to grow and learn together in a supportive and stimulating environment. ECFE has a sliding fee scale so that all families have the opportunity to participate. Registration begins in late August and continues until classes are filled.

### ISD 197 ThreeSchool

ThreeSchool is for children who are age 3 by Sept 1, 2022. The focus is on social skills, exposure to a variety of learning materials, and increasing language skills. Children must be toilet trained to attend preschool. Registration for the 2022-23 school year is ongoing and continues until classes are filled.

Mon, Wed, Fri 9:15-11:45 am  
Sept 12-June 2  
Pilot Knob STEM Magnet, Eagan

Tues, Thur 9:15-11:45 am  
Sept 13-June 1  
Early Learning Center, WSP or Pilot Knob STEM Magnet, Eagan

### ISD 197 Pre-Kindergarten

Pre-kindergarten is for children who are age 4 or older by September 1, 2022 and toilet trained. School District 197's preschool programs provide a bridge to school. Rich learning experiences in well-equipped classrooms highlight each day, with children thriving in a real school environment and follow a schedule typical to kindergarten that includes individual, small and large group activities. Registration for the 2022-23 school year is ongoing and continues until classes are filled.

Mon-Fri 9:15am-3:30 pm  
Sept 12-June 2 (includes breakfast and lunch)  
Early Learning Center, WSP or Pilot Knob STEM Magnet, Eagan

Mon-Fri 9:15-11:45 am  
Sept 12-June 2  
Early Learning Center, WSP

Mon, Wed, Fri 9:15-11:45 am  
Sept 12-June 2  
Early Learning Center, WSP

Mon, Wed, Fri 1-3 pm  
Sept 12-June 2  
Early Learning Center, WSP or Pilot Knob STEM Magnet, Eagan

**For Tuition and Scholarship information please contact the Early Learning Department at 651-403-8390**

### Extended Day

Available to children attending a preschool class at the Early Learning & Family Resource Center in West St. Paul on days a child is registered for class. Care is not available on non-school days. Additional fees apply to each section.

Extended Day	7-9:15 am (light breakfast provided)
Sept 12-June 2	Mon-Fri - \$89 per month
Early Learning Center, WSP	M/W/F - \$52 per month
	T/Th - \$37 per month

Extended Day	3:30-5:30 pm (snack provided)
Sept 12-June 2	Mon-Fri - \$89 per month
Early Learning Center, WSP	M/W/F - 52 per month
	T/Th - \$37 per month

### School Readiness Preschool

Offered by application only to children age 4 by Sept 1, 2022. Must meet School Readiness income and eligibility requirements. For information on Early Learning Scholarships through the state of MN, visit [www.familiesfirstmn.org](http://www.familiesfirstmn.org). For a School Readiness application, go to [www.isd197.org/schools/preschool](http://www.isd197.org/schools/preschool) or call 651-403-8390.

Mon-Fri	7:35-11:05 am (breakfast and lunch provided)
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Moreland Arts & Health Sciences Magnet, WSP





## South St. Paul Public Schools Community Preschool

651-457-9418

[www.sspps.org](http://www.sspps.org)

**South St. Paul Family Education Center**  
104 5th Ave S, South St. Paul

**Kaposia Education Center**  
1225 1st Ave S, South St. Paul

**Lincoln Center**  
357 9th Ave N, South St. Paul

## Early Childhood Family Education (ECFE) is...

- For all families in the South St. Paul School District with children from birth to kindergarten.
- A fun and informal place to meet, learn, and play with other children and parents.

## Community Preschool

**Kaposia Education Center**

**Lincoln Center**

All Day  
9:10 am-3:25 pm

Morning  
9:10-11:55 am

Afternoon  
12:40-3:25 pm

Lil' Packers AM (Tues/Thurs)  
9:10-11:10 am

Lil' Packers PM (Tues/Thurs)  
12:40-2:40 pm

Morning  
8:25-11:10 am

Afternoon  
12:05-2:50 pm

Lil' Packers AM (Tues/Thurs)  
8:25-10:25 am

Lil' Packers PM (Tues/Thurs)  
12:05-2:05 pm

3 Year Old Preschool - \$155 / month

Lil' Packers Preschool - \$75 / month

Scholarships available for all ages. Call 651-457-9418 for more information.



SOUTH ST. PAUL PUBLIC SCHOOLS

**E.C.F.E.**  
Early Childhood Family Education

Monday	Tuesday	Wednesday	Thursday	Friday
Tiny Tots 9-10 am	Mixed Ages 9-11 am	Las Familias Latinas 12-2 pm	Terrific Twos and Threes 9-11 am	Drop in Play 9-11 am
Baby and Me 10:15-11:15 am	Drop in Play 6-7:30 pm	Young Toddlers 9-11 am	Mixed Ages 12-2 pm	
Las Familias Latinas 12-2 pm	Las Familias Latinas 12-2 pm	After Nap Drop in Play 2:30-4 pm		
Play and Learn 6-7:30 pm				
				<b>Baby Shower</b> Friday, October 7 9:30-11 am





## Why Inver Grove Heights Preschool?

- Four-star Parent Aware rating, the highest possible rating by Minnesota's quality rating system for early education.
- Highly trained staff. We hire licensed teachers who use proven best practices.
- Frogstreet 2020 PreK Curriculum

*Committed to engaging each child in meaningful and joyful learning that leads to success in kindergarten and beyond.*

- Classes for 3 and 4-year-olds.
- Scholarships available for eligible children.



## IGH Early Learning

[www.ighEarlyLearning.org](http://www.ighEarlyLearning.org)

Phone: (651) 306-7503

Email: [EarlyLearning@isd199.org](mailto:EarlyLearning@isd199.org)

**To check for current openings, call 651-306-7503**

## IGH Early Childhood Family Education



IGH Early Childhood Family Education (ECFE) builds relationships, enriches family life, and supports learning for families with children from birth to kindergarten. Enjoy a variety of classes, activities, and special events. We support you in your amazing role as your child's first teacher. Together we support your child as they learn and grow.

## Join us at our Fall ECFE Open house.

Meet our staff, ask questions, explore the classrooms, and stay for outside fun & games. Wed, Sep 8, 5:30-7:00 pm at the IGH Early Learning Center.

## New baby?

Free baby classes & home visits.

IGH Community Baby Shower on Oct. 8, 10 am-12 pm.

### IGH ECFE Fall Classes - Registration Opens Jan 4 \*

Age Specific Classes	Mixed Age 2 - 5 yrs	Mixed Ages Birth - 5 yrs
<ul style="list-style-type: none"> <li>• Baby &amp; Me 0-12 mos/Tues AM &amp; Wed PM</li> <li>• Baby &amp; Me Pop In &amp; Play /Thurs</li> <li>• Wonderful Ones 12-24 mos /Thurs</li> <li>• Toodle Twos 24-36 mos /Tues</li> <li>• Little Explorers 18-30 mos /Thurs</li> <li>• Preschool Friends 32 mos-5 yrs /Thurs</li> </ul>	<ul style="list-style-type: none"> <li>• Nature Explorers /Mon</li> <li>• The Magic of Books /Mon</li> <li>• Enlaces / Mon</li> <li>• Music Makers /Wed</li> <li>• Messy Art /Wed</li> <li>• Spirited Child /Wed</li> <li>• Parenting Across Cultures /Thurs</li> </ul>	<ul style="list-style-type: none"> <li>• 10 Ways to Up Your Parenting Game /Tues</li> <li>• Pop In &amp; Play /Tues &amp; Fri</li> <li>• Especially for moms: From survive to thrive /Wed</li> <li>• Mixed Age Adventures /Wed</li> <li>• Play Together, Grow Together /Wed</li> </ul>

\*Sliding fee scale and financial aid available so all IGH families can participate.





# ¡MEJORE SUS HABILIDADES CON LA EDUCACIÓN BÁSICA PARA ADULTOS DE SOUTH SUBURBAN!



SOUTH SUBURBAN  
ADULT BASIC EDUCATION

South Suburban ABE brinda a los adultos en el área TriDistrict del condado de Dakota del Norte oportunidades educativas para continuar su educación y mejorar sus habilidades. Las clases son GRATIS para todos los adultos.

- LECTURA
- ESCRITURA
- MATEMÁTICAS
- CIENCIAS
- PREPARACIÓN PARA EL GED
- INGLÉS
- ALFABETIZACIÓN DIGITAL
- EXAMEN DE PREPARACIÓN
- PREPARACIÓN PARA LA CIUDADANÍA



## NUNCA ES TARDE PARA APRENDER

Todas las clases comienzan la semana del 6 de septiembre

### APRENDIZAJE DEL IDIOMA INGLÉS

Niveles 4-6  
Lunes - jueves  
8:30-10:30 a. m.

### APRENDIZAJE DEL IDIOMA INGLÉS

Niveles 1-3  
Lunes - jueves  
10:30-12:30

### PREPARACIÓN PARA EL GED

Clases de laboratorio PM  
Lunes - jueves  
5:30 - 8:00 pm

### APRENDIZAJE DEL IDIOMA INGLÉS

Niveles 1-3 y 4-6  
Lunes a miércoles  
5:30 - 8:00 pm

### ENGLISH LANGUAGE LEARNING

Clase de conversaciones en línea  
Martes y jueves  
6:30 - 8:00 pm

### PREPARACIÓN PARA EL GED

Lunes - jueves  
8:30 am - 12:30 pm

## NUEVAS CLASES DE OTOÑO EN PLANIFICACIÓN

### CLASES DE PREPARACIÓN PARA LA CARRERA DE ATENCIÓN MÉDICA

Sesión de otoño: del 13 de septiembre  
al 13 de diciembre

### CLASE DE EDUCACIÓN CÍVICA/CIUDADANÍA

Sesión de otoño: del 6 de  
septiembre al 17 de noviembre

**DISTRICT 197 SCHOOL AGE CARE** WEST ST PAUL - MENDOTA HEIGHTS - EAGAN

**Extra Innings y Encore**



Cuidado para Niños de Edad Escolar en West St. Paul-Mendota Heights-Eagan

El Distrito 197 ofrece cuidado de niños antes y después de la escuela para los grados K-8 a través del programa de Cuidado de Niños. Las horas antes de la escuela son de 6:30 hasta que comienzan las clases e incluye el desayuno.

El programa después de la escuela es hasta las 6 de la tarde y los niños hacen manualidades, obtienen ayuda con la tarea, van al gimnasio, cocinan y se juntan con sus compañeros para compartir un bocadillo.



**District 197 School Age Care**

Para obtener información adicional llame al: 651-403-8054. Para inscribirse: Visite [www.isd197.org/resources/school-age-care](http://www.isd197.org/resources/school-age-care)



**Ubicado en:**

Primaria Garlough especializada en ambiente - Primaria Mendota Moreland especializada en Artes y Ciencias de la Salud Pilot Knob especializada STEM - Primaria Somerset Centro de Actividad Noreen

**Horas:**

Antes de la escuela: De 6:30 a.m. hasta el comienzo del día escolar  
Después de la escuela: Desde que termina la escuela hasta las 6 p.m.  
Días que no hay clases: De 6:30 a.m. a 6 p.m.

**KIDS' CHOICE SCHOOL AGE CARE** SOUTH ST. PAUL

**Año Escolar de 2022-2023**



Kids' Choice es un programa de alta calidad que promueve un ambiente seguro, cooperativo, comprensivo, divertido y creativo. Además promueve la apreciación personal positiva, de autoestima, trabajo de en equipo y respeto. Para niños en kindergarten y hasta sexto grado.



**South St. Paul Kids' Choice**

Para más información, llame al 651-306-3631. Visítenos en línea en [www.sspps.org/schoolagecare](http://www.sspps.org/schoolagecare)

**Ubicado en:**

Kaposia Education Center  
Lincoln Center

**Horas:**

Lunes Viernes  
Mañanas: 6:30 am hasta inicio de jornada escolar  
Tardes: Después de la escuela hasta las 6 pm  
Días sin clases: 6:30 a.m. a 5:30 p.m.  
Horario de verano: 6:30 a.m. a 5:30 p.m.

**SPARTAN KIDS' CARE** INVER GROVE HEIGHTS SCHOOLS



**Ofertas de cuidado del año escolar 22-23**

- Personal experimentado y bien capacitado.
- Las actividades reflejan diversos intereses, talentos y valores.
- ¡Arte, computadoras, tiempo al aire libre, ciencia, servicio de aprendizaje, ayuda con la tarea, actividades físicas y más!

**Spartan Kids' Care**

Para obtener información adicional llame al: 651-306-7502. Para inscribirse: Visite [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com)

**Ubicado en:**

Hilltop  
Pine Bend  
Salem Hills

**Horas:**

Antes de la Escuela:  
De 6 a.m. hasta el comienzo del día escolar  
Después de la Escuela:  
Desde que termina la escuela hasta las 6 p.m.



West St. Paul-Mendota Heights-Eagan Area Schools

# DISCOVER 197

★ Inspire ★ Nurture

★ Prepare

*Together. We Thrive.*

For enrollment information and forms, visit [www.isd197.org/district/enrollment](http://www.isd197.org/district/enrollment).  
To reach the enrollment coordinator, email [enrollment@isd197.org](mailto:enrollment@isd197.org) or call 651-403-7030.



## SOUTH ST. PAUL PUBLIC SCHOOLS



- Personalized Whole-Child Focus  
*(academic, behavioral, social-emotional)*
- IB World Schools District  
*(internationally-focused programming)*
- Free Preschool for all 4-year-olds
- Career and College Readiness  
Pathways and Programming
- Enroll anytime!



*Passionate learners, positively changing our world*

Learn more and enroll at [www.sspps.org](http://www.sspps.org)



**Inspire, Innovate, & Excel with  
Inver Grove Heights Schools**

## ENROLL TODAY

*Inver Grove Heights Early Learning Center  
Hilltop Elementary School  
Pine Bend Elementary School  
Salem Hills Elementary School  
Inver Grove Heights Middle School  
Simley High School*

Enroll students in ISD 199 at any time! Enroll online at [www.isd199.org/enroll](http://www.isd199.org/enroll) now or download enrollment forms. Copies of enrollment forms are also available at the ISD 199 District Office, 2990 80th Street East in Inver Grove Heights.

Visit [www.isd199.org/enroll](http://www.isd199.org/enroll) or call 651-306-7825 with questions and for more information.



# ISD 197 IS HIRING!

## SCHOOL AGE CARE (SAC)

### Support Paraprofessional

Various ISD 197 locations  
Monday - Friday  
17+ hours/week available

## SCHOOL AGE CARE (SAC)

### Paraprofessional, Flexible Hours

Various ISD 197 locations  
Afternoon float: after school until 6 p.m.  
Up to 10 hours/week



## EARLY CHILDHOOD FAMILY EDUCATION (ECFE)

### Support Paraprofessional

Early Learning Center, Moreland and Pilot Knob  
Multiple schedule options available

## EARLY LEARNING

### Support Paraprofessional

Various ISD 197 locations  
M/W/F 8:45 - 11:45 a.m.

<https://www.isd197.org/district/employment>

## WORK FOR

# SOUTH ST. PAUL PUBLIC SCHOOLS!



SCAN FOR  
CURRENT JOB  
OPENINGS AND  
TO APPLY

[www.sspps.org](http://www.sspps.org)

## WE'RE LOOKING FOR:

### Teachers

Special Education  
Language Arts  
Family & Consumer Science  
Medical Careers  
Chemistry  
Elementary Art  
Elementary Music

### Administration

Elementary Assistant Principal

### District Support

Finance Specialist

### Maintenance/Custodial

Night Supervisor/Engineer  
Part-time cleaner

### Paraprofessionals

Special Education Paraprofessionals

### Student Supervisors

Lincoln Center Elementary

South St. Paul  
Public Schools



# ISD 199 *is hiring!*

SEE OUR OPEN POSITIONS HERE:



Looking for a job for the 2022-23 School Year? We are looking for Bus Drivers, Paraprofessionals, School Age Care workers, Early Learning Paraprofessionals, and casual workers for our lunchrooms, playgrounds, and events.

# INTERESTED IN A CAREER IN HEALTHCARE?

## BRUSH UP ON YOUR SKILLS WITH FREE ACADEMIC PREPARATION

This class will benefit individuals preparing for jobs or careers as:

- Nurses (TEAS preparation)
- Certified Nursing Assistants
- Phlebotomists
- Emergency Medical Technicians
- Medical Lab Technicians
- Other Health Science Careers



# ¿Interesado en una carrera en el cuidado de la salud?

## MEJORA TUS HABILIDADES CON PREPARACIÓN ACADÉMICA GRATUITA

Esta clase beneficiará a las personas que se preparan para trabajos o carreras como:

- Enfermeras
- Asistentes de enfermería
- Flebotomistas
- Técnicos en emergencias medicas
- Certificados técnicos de laboratorio medico
- Otras carreras de ciencias de la salud



# PREPARING TO BECOME A CITIZEN?

This FREE class helps non-native speakers prepare for the citizenship process

- Developing English Language Skills
- Civic Content Knowledge
- Learning about the N-400 Form
- The Citizenship Interview

# ¿Preparándose para convertirse en ciudadano?

Esta clase GRATUITA ayuda a los hablantes no nativos a prepararse para el proceso de ciudadanía

- Desarrollo de habilidades en el idioma inglés
- Conocimiento del contenido cívico
- Aprendizaje sobre el formulario N-400
- La entrevista de ciudadanía

## SOUTH SUBURBAN ADULT BASIC EDUCATION

[communityed.sspps.org/programs/abe](http://communityed.sspps.org/programs/abe) | 651-306-3632 | 100 7th Ave N South St. Paul, MN 55075



## South St Paul

### *District Office*

104 Fifth Ave S

### *Central Square Community Center*

100 Seventh Ave N, SSP

### *South St. Paul High School*

700 Second St N

### *Family Education Center*

104 Fifth Ave S

### *Lincoln Center*

357 Ninth Ave N

### *Kaposia Education Center*

1225 First Ave S

## Inver Grove Heights

### *District Office*

2990 80th St E

### *Simley High School*

2920 80th St E

### *IGH Middle School*

8167 Cahill Ave

### *Hilltop Elementary School*

3201 68th St E

### *Pine Bend Elementary School*

9875 Inver Grove Trail

### *Salem Hills Elementary School*

5899 Babcock Trail E

### *Early Learning Center*

3203 68th St E

## West St. Paul-Eagan-Mendota Heights

### *Two Rivers High School*

1897 Delaware Ave, MH

### *Friendly Hills Middle School*

701 Mendota Heights Rd, MH

### *Heritage E-STEM Magnet Middle School*

121 West Butler Ave, WSP

### *Garlough Environmental Magnet School*

1740 Charlton Street, WSP

### *Mendota Elementary School*

1979 Summit Lane, MH

### *Moreland Arts & Health Sciences Magnet Elementary School*

217 W Moreland Ave, WSP

### *Pilot Knob STEM Magnet Elementary School*

1436 Lone Oak Road, Eagan

### *Somerset Elementary School*

1355 Dodd Road, MH

### *Early Learning & Family Resource Center*

1970 Christensen Ave, WSP

### *Thompson Park Activity Center*

1200 Stassen Lane, WSP

## Partner Locations

### *Veterans Memorial Community Center*

8055 Barbara Ave, IGH

### *South St. Paul Rod & Gun Club*

600 Gun Club Rd, SSP

### *Thompson County Park*

360 Butler Ave E, WSP

### *Harmon Park,*

230 Bernard St W, WSP

### *Eastview HS,*

6200 140th St W, Apple Valley

### *Conquer Ninja Gym,*

707 Commerce St, Woodbury

## Facility Use

Community members and organizations are invited to apply to use district facilities in accordance with the Community Use Policy adopted by each School Board.

**IGH:** Go to [www.isd199.org/community/rent](http://www.isd199.org/community/rent) You may also call 651-306-7870. Permits must be completed online or printed, completed and submitted to the scheduler at the address listed on the website.

**SSP:** Go to [www.sspps.org/facilityrequest](http://www.sspps.org/facilityrequest). You may also call 651-306-3632 or stop by the facility scheduler's office at 100 Seventh Ave N in South St Paul. Permits must be completed online or printed, completed and submitted to the scheduler at the office address.

**WSP-MH-Eagan:** Go to [www.isd197.org/community/facilities-rental](http://www.isd197.org/community/facilities-rental). You may also call 651-403-8520 or stop by the facility scheduler's office at 1897 Delaware Ave in Mendota Heights.



# REGISTRATION

## Fee Assistance

Community Education is committed to serving the residents of our community through affordable learning and enrichment classes.

Please contact your district for information.

## Tobacco-Free Environment

Community Education supports the growing national movement toward a tobacco-free environment. Use of tobacco products in school buildings and on district grounds is prohibited.

## Need more information?

See page 52 and 53 for building locations and program contact information.

*Give us a call. We're happy to assist you!*



## Adult Programs are open to everyone age 15 and older unless otherwise noted.

## Register Now

Registration begins when you receive your catalog and remains open until each class is filled or cancelled. Registrations are accepted on a first-come, first-served basis. We encourage you to register early!

## Assume you are in!

You will only hear from us in the event of a class change, cancellation, or if the class is full.

## Refunds

Requests for a refund by individuals who need to cancel must be received by our office seven days prior to the first class session. A \$10 service charge will be added if you must cancel a class. No refunds are issued after the first class session.

## Class & Activity Cancellation

If there is insufficient enrollment for a program, you will be notified by phone or email and you will receive a full refund. Please include a daytime phone number on your registration form. Community Education assumes no responsibility for reaching registrants who do not provide a working daytime phone number.

## Check Payments

If paying by check, payment may be processed via ACH payment or e-check.

## Weather Cancellations

Classes may be cancelled due to inclement weather or for other unavoidable reasons. These sessions are made up whenever possible. Cancellations due to severe weather are announced on WCCO Radio (830 on the AM dial), Channel 4 (WCCO), Channel 5 (KSTP) and Channel 11 (KARE). You will be also contacted by Community Education.

## Photograph Use Policy

Photographs, videos, and other documentation taken at school or Community Education activities may be submitted to newspapers, used on district websites, social media sites or appear in publications. Written requests not to publish photos of specific students will be honored.



Eligible UCare members may get up to a \$15 discount on many community education classes in Minnesota. Members must have UCare insurance at the time of registration and throughout the duration of the class. Members need to provide their UCare member ID number when registering for class. Limits and restrictions may apply.

## Community Education Registration

Formulario de registro de educación comunitaria

Full Name: \_\_\_\_\_ Grade (If applicable): \_\_\_\_\_  
Nombre Completo Grado (si aplica)

Address: \_\_\_\_\_  
Dirección

City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Ciudad Código postal

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Teléfono de casa Teléfono móvil

Email: \_\_\_\_\_ UCare Member ID: \_\_\_\_\_  
Correo electrónico Número de identificación del miembro

Please list any concerns that the instructor should be aware of: \_\_\_\_\_  
Por favor anote cualquier preocupación que el instructor debe saber

If you currently have a spouse on active duty in the military please call to register to receive 15% off your class.

Si actualmente tiene un cónyuge en servicio activo en el ejército por favor llame para registrarse y recibir 15% de descuento en su clase.

Course Title Nombre del curso	Course Number Número del curso	Location Sitio	Course Dates Fechas de los cursos	Fee Cuota

Voluntary Questions: Collecting this information helps us provide programs/services that meet the needs of our entire community.

Preguntas voluntarias: La información recaudada nos ayuda a proporcionar programas/servicios que satisfacen las necesidades de toda nuestra comunidad.

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Fecha de Nacimiento

Gender: ☐ Male ☐ Female  
Género: Masculino o Femenino

Race: ☐ Asian ☐ Black/African American ☐ American Indian/Alaska native  
Raza  
☐ Latino/Hispanic ☐ Native Hawaiian/other Pacific Islander ☐ White  
☐ Two or more races ☐ Other

Complete if Paying by Credit Card: ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express  
Complete si vá a pagar con tarjeta de crédito:

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_ / \_\_\_\_  
Nombre que aparece en la tarjeta de crédito Fecha de vencimiento

Name on Card: \_\_\_\_\_ Amount \$: \_\_\_\_\_  
Titular de la tarjeta de crédito Cantidad

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Firma Fecha

## Register

### Online

tridistrict.ce.eleyo.com

This secure site is available 24/7

### By Phone

IGH

651-306-7502

SSP

651-306-3632

WSP-MH-Eagan

651-403-8520

### In Person

7:30 am-3 pm, Mon-Fri

Visit us at the addresses listed on page 53.

### By Mail

IGH

Community Education  
2990 80th St E  
Inver Grove Hgts, MN 55076

WSP, MH and Eagan  
District 197 Aquatic Center  
1897 Deleware Ave  
Mendota Heights, MN 55118

SSP

Community Education  
100 7th Ave N  
South St. Paul, MN 55075

## 3 Ways to Pay

### Credit Card

Visa, MasterCard, Discover, and American Express are accepted.

### Check

Make checks payable to Community Education.

### Cash

If using cash, please register in person.

INDEPENDENT SCHOOL DISTRICT 197  
TRIDISTRICT COMMUNITY EDUCATION  
1897 DELAWARE AVE.  
MENDOTA HEIGHTS, MN 55118

Non-Profit Org.  
U.S. Postage  
**PAID**  
Twin Cities, MN  
Permit No. 2015

**ECRWSS**

**Postal Patron**

## MAKERS MARKET CRAFT SALE

Get a jump on your holiday shopping while supporting local artists, small businesses and TriDistrict family programming.



**Saturday, Sept 24**  
**Two Rivers High School**  
**9 am - 3 pm**

**Call 651-403-8312 if you are interested in being a vendor.**

## INTERESTED IN A CAREER IN HEALTHCARE?

### BRUSH UP ON YOUR SKILLS WITH FREE ACADEMIC PREPARATION

This class will benefit individuals preparing for jobs or careers as:

- Nurses (TEAS preparation)
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- Phlebotomists
- Emergency Medical Technicians
- Medical Lab Technicians
- Other Health Science Careers



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**South St. Paul**  
Public Schools



## SOUTH SUBURBAN ADULT BASIC EDUCATION

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100 7th Ave N South St. Paul, MN 55075